FITNESS EQUIPMENT

2015 CATALOGUE

STAK FITNESS

STAK FITNESS

We provide fitness equipment and solutions to those who provide fitness services. In business since 2004, STAK Fitness has been successful being true to three simple goals: Make the process of acquiring fitness equipment simple, supply the very best for you and your patrons and provide the support you need to serve your clientele better than anyone else.

Solutions – we are committed to making it easier for you to provide fitness services.

Trust – yours is earned, and our experience and insight is committed to doing so.

Accountable to you and the people you serve – ALWAYS.

Knowledge – we promise to improve our knowledge base every day in order to better serve you.

Who we serve

Corporate Wellness
Country Clubs
Education
Government and Military
Hospitality
Medical/Wellness
Municipal Recreation
National Defence
Police and Fire
Private Clubs and Studios
Property Management
Multi Family Housing
Residential
Team Sport Centers
YMCA and JCC

STAK Services

Our core business is commercial fitness equipment supply.

All of our efforts work towards making the process of acquiring, installing, using, maintaining and benefitting from your equipment simple, effective and easy for you and the people you serve.

STAK Fitness services also include:

- A simple process in understanding the pros and cons of different makes, models, warranties and price points.
- A simple process that allows you to use the equipment to better serve your clientele, which may or may not include financing, layout options, program templates, marketing strategies, maintenance and technical support, trade ins and ongoing availability to answer your questions.
- Educational programs that provide best practices in every aspect of fitness business operations.

We have a national team of 14 leaders (and growing) with experience in the field in those whom offer fitness services.

STAK makes your life easier.

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SPECIAL
FOR STAK CUSTOMERS ONLY!
EARN AEROPLAN® MILES

STAK Fitness makes your life easier through the Aeroplan® rewards program.

aeroplan

BONUS
500
AEROPLAN MILES

WHEN YOU SPEND $300 OR MORE
ON YOUR FIRST ONLINE PURCHASE*

*Good on first purchase after attaching your Aeroplan number to your STAK Fitness Account. Terms Apply. Until April 30th, 2015.
Aeroplan® is a registered trademark of AimiaCanada Inc.

TREE CANADA
CARDIOPLANTATIONPROGRAM

JOIN STAK FITNESS AND
OUR STAK THE FORESTS CARDIO
PLANTATION PROGRAM

The STAK the Forest Program makes it easy for customers to offset the emissions associated with the manufacturing of their Precor cardio products while simultaneously helping re-grow and protect forests. In partnership with Tree Canada, the STAK the Forest Program is a simple way to have a positive, lasting impact on the environment.

ADD ANY NEW PRECOR CARDIO UNIT TO YOUR FACILITY AND WE PLANT A TREE.

ONE PRECOR MACHINE = 1 NEW SEEDLING

STAK FITNESS | PRECOR | TreeCanada

stakfitness.com | 1 877 782.5002 | info@stakfitness.com

PRECOR®

Precor makes fitness equipment that feels like no other. With a very strong commercial heritage and history of innovation (EFX, AMT, Preva), Precor is focused on helping you serve more people better. STAK Fitness and Precor work together to provide the very best for your fitness offering in a financially sustainable way.

–

Precor designs and builds premium equipment for effective workouts that feel smooth and natural.

ADAPTIVE MOTION TRAINERS® AMT® WITH OPEN STRIDE

The only cardio machine that offers adaptable stride length and adjustable stride height, to offer exercisers of all sizes and fitness levels the most varied and highly-personalized workout experience.

The Open Stride feature provides adjustable stride height, to create a personalised fit and greater workout variety for exercisers of all sizes and levels. Users can go from short strides to long strides, walking to running, climbing to lunging, allowing them to target different muscle groups. Pushing and pulling the moving handlebars will engage the upper body, resulting in a total body workout.

TREADMILLS

When users step onto our treadmills they will get a feeling that's more like running outside.

Members enjoy a stable, more comfortable stride on Precor treadmills through patented Ground Effects® and Integrated Footplant technology™ that absorbs impact and adjusts to natural fluctuations in stride.

Console

With a touch screen console just like a high-end phone, and a simple, intuitive interface that draws users deeper into their workout, the P80 console is a reliable fitness solution that gets more powerful the longer you own it.

Integrated Footplant Technology™

Our patented belt system adjusts belt velocity 100 times per second to match natural changes in foot speed, producing a smooth, rhythmic stride and reducing the jarring impact that can stress joints and cause injuries.

ALL PRECOR EQUIPMENT HAVE MULTIPLE ENTERTAINMENT AND CONSOLE OPTIONS. CONTACT A MEMBER OF OUR BUSINESS DEVELOPMENT TEAM TO REVIEW THEM WITH YOU.

ELLIPTICAL FITNESS CROSSTRAINERS™ (EFX®)

Our EFX® machines make for smooth and more effective cardio through a natural, low-impact stride – which lets users exercise longer and harder.

Plus, our exclusive CrossRamp® technology makes it easier for members to target key muscle groups by changing the angle with a simple push of a button.

CLIMBER

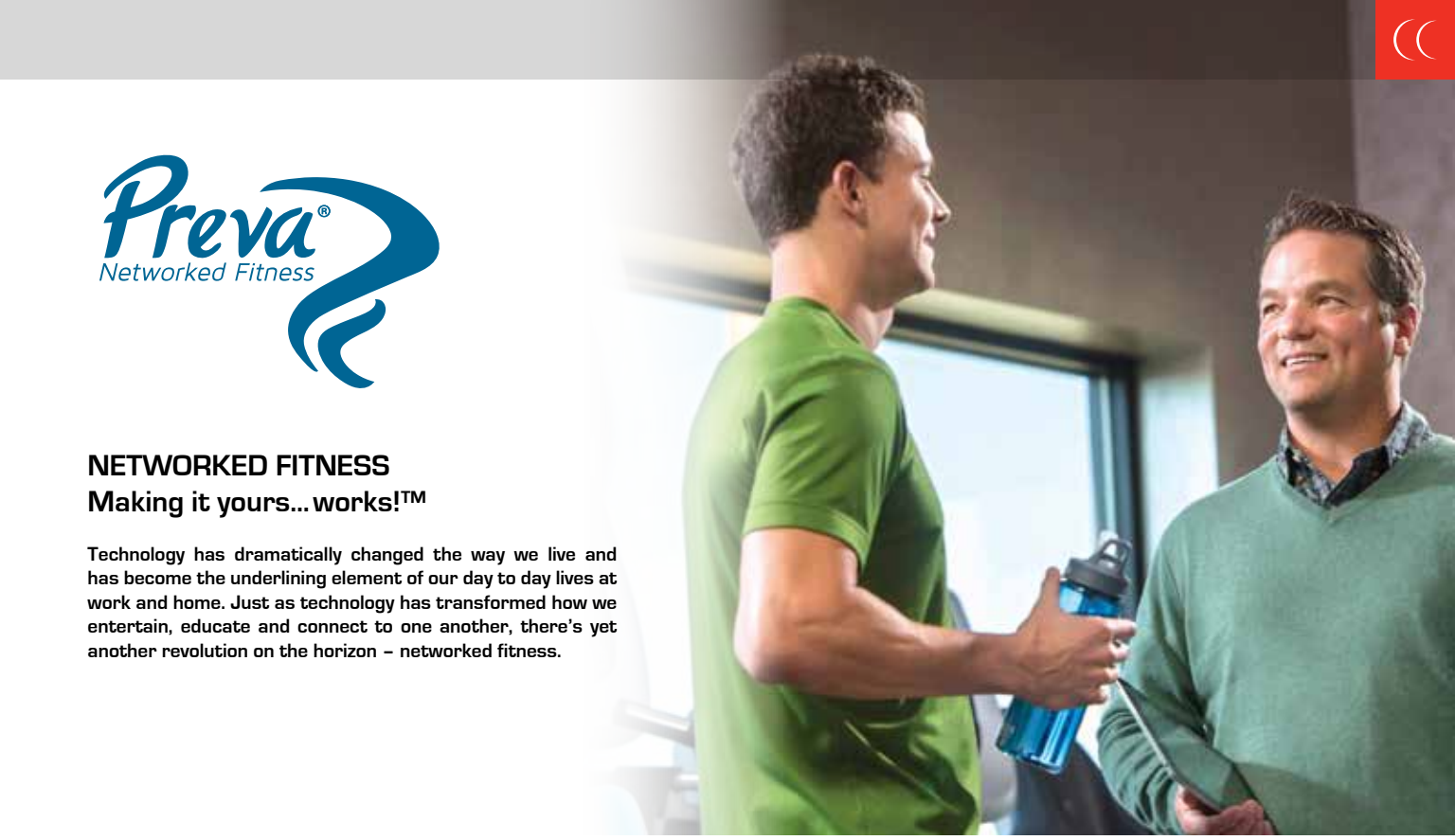
Provides members with a tried and true workout option. Its ergonomic design facilitates good form and technique while delivering a workout that feels great.

With low-maintenance design and extreme durability, the climber uses the same low-friction, self-powered generator system as the Precor Elliptical Fitness Crosstrainers™. All this adds up to a smooth feel and quiet movement for users.

BIKES

Offer your members more comfort with every ride.

Both our upright and recumbent models feature great-feeling motion and biomechanically correct design that encourages proper form.



Preva® Networked Fitness

NETWORKED FITNESS
Making it yours... works!™

Technology has dramatically changed the way we live and has become the underlining element of our day to day lives at work and home. Just as technology has transformed how we entertain, educate and connect to one another, there's yet another revolution on the horizon – networked fitness.

Provides exercisers with experiences that will drive retention

Only the P80 console seamlessly combines a fitness, television and internet experience into one simple, elegant design.

PREVA NET: Preva Net provides in-motion exercisers with the best Internet content in a format that is extremely easy to navigate and read, even during intense workouts. Exercisers can enjoy an extensive variety of topics including: fitness and health, news, sports, technology, business and more. If you choose, you can also give exercisers fast access to a web browser.

PERSONAL ACCOUNTS: With Personal Accounts, give your exercisers their own personal fitness profile, right on the P80 console. Exercisers can set and track weekly workout goals and receive fun achievement badges. Exercisers can even record their favorite workouts for replay at another time.

PREVA TOKENS that use RFID technology provide exercisers with a quick and easy way to sign into their Preva account.

Our PREVA MOBILE APPLICATION allows exercisers to access fitness history and track workouts from wherever they are, allowing you to provide value to them outside your facility.

Interactive Fitness

A successful fitness offering includes a number of variables – engaging activities, a team concept, tapping into technology and in essence anything that keeps people excited and interested in exercising. Interactive Fitness are the makers of a unique line of stationary bikes that accomplish these goals. With built in referral and social media systems to complement an evolving and interactive group program, Interactive has changed the way folks participate in indoor cycling. Consider how this offering can help your organization serve more people better, your STAK Fitness representative is happy to help.

Cardio exercise doesn't have to be boring. Expresso riders have more fun, work out harder and achieve better results. Train on virtual worlds ranging in difficulty from easy to extreme.

My Expresso eLive

With My Expresso you can sign into Expresso.com from your computer or mobile phone to access your workout history, view leaderboards, challenge friends, and work towards goals. My Expresso keeps you motivated and working towards improving your health and overall fitness.

CARDIO REIMAGINED IN HIGH DEFINITION

Expresso

UPRIGHT HD

Whether you are a seasoned cyclist who likes to clip in or a brand new rider, you will love this bike. The upright bike is our most popular model and the gold-standard in interactive cycling.

YOUTH HD

It's a fact! Kids love the Expresso bike. Keep your kids active and healthy in a way that is fun and engaging for them!

RECUMBENT HD

Sit back and enjoy your workout. The recumbent offers the same amazing interactive rider experience of the upright in a form factor built for comfort.

CYBERCYCLE

Strengthening the Body. CyberCycle is the most advanced piece of exercise equipment ever designed. Riders are comfortable and engaged which leads to more frequent & longer workouts, better health & improved quality of life.

CONCEPT2 MODEL D INDOOR ROWING MACHINE WITH PM5.

The dependable performance of our Model D Indoor Rower has made it the best selling indoor rower in the world. Recognized by competitive rowers as the standard for indoor training, the Model D delivers an effective cardiovascular workout that will increase your fitness level and tone your physique.

S-120011 Gray CALL US FOR PRICING
S-120012 Black CALL US FOR PRICING

CONCEPT2 MODEL E INDOOR ROWER WITH PM5

The Model E offers presence and durability with its 20 inch frame height, nickel-plated chain, and double powder coat with glossy finish. From a practical standpoint, the higher frame means easier on-and-off for those with tired knees or mobility considerations. The nickel-plated chain requires less-frequent oiling. The finish protects against scratches.

S-120013 CALL US FOR PRICING

THE CONCEPT2 SKIERG

The SkiErg uses the same flywheel resistance and electronic monitoring systems as our Indoor Rower. The Concept2 SkiErg makes the sport of Nordic skiing available to everyone. Long recognized as delivering one of the toughest workouts around, Nordic skiing develops both strength and endurance and exercises the legs as well as the arms and core. The SkiErg can be used for both double pole and classic alternating arm technique.

S-120015 CALL US FOR PRICING

SKIERG FLOOR STAND

The floor stand provides an alternative method of supporting the SkiErg if wall mounting is not an option. It makes the SkiErg free standing, allowing you to use the SkiErg anywhere. With a steel support and wood interior, the floor stand is tough and well-built, yet has caster wheels to move it easily into and out of place. The anti-skid, wear-resistant base offers firm footing.

Dimensions:

Floor stand base:
24 in x 52 in
(61 cm x 132 cm)

Floor stand installed on SkiErg:
24 in x 52 in x 85 in
(61 cm x 132 cm x 215.9 cm)

S-120020 CALL US FOR PRICING

CALL US FOR PRICING AND MORE INFO!

AUTHENTIC CYCLING PERFORMANCE PLUS™ with CARBON BLUE™

AUTHENTIC CYCLING PERFORMANCE PLUS™

AC™ PERFORMANCE PLUS WITH CARBON BLUE™

Introducing Carbon Blue™ technology – a belt drive system combining unmatched durability with the authentic outdoor biking feel you expect from Schwinn.

S-125050

AC™ PERFORMANCE PLUS

This bike is designed to enhance rider comfort with an infinitely adjustable seat and handlebars, a wider step-through and durable, covered stretch pads - all surrounded by a rest-free aluminum frame.

S-125040

AC™ SPORT™

The Schwinn Authentic Cycling Series is based on one simple principle: we believe that riding a bike indoors should feel as much like riding an outdoor bike as possible. We love the way bikes feel, we love the way they sound, and we love the great workout they can provide.

AUTHENTIC CYCLING SPORT™

S-125020

IC PRO20™

The newest addition to the Schwinn® IC Pro20™ combines the proven, authentic drive train of the IC Pro with updated features. All housed in a sleek, modern frame profile, finished off in a distinctive satin black finish.

INDOOR CYCLING PRO20™

S-125010

ECHELON WIRED CONSOLE

S-125100 Console with power sensor upgrade (full kit) for AC bike
S-125110 Console (RPM only, no Watts) for AC bike
S-125120 Echelon power sensor upgrade (for watts) for AC bike

MPOWER ECHELON™ CONSOLE

NOT AVAILABLE IN ALL PROVINCES, PLEASE CALL FOR INFO.

THE STEP®
THE ORIGINAL SINCE 1989

THE ORIGINAL AEROBIC TRAINING STEP

ORIGINAL HEALTH CLUB STEP®

The name says it all! This is the step that started the greatest exercise trend in the fitness industry. Includes platform with for risers. Adjustable heights of 4", 6" and 8". Rubberized deck and slip resistant bottom.

S-170100 The Original Health Club Step (Silver/Black) $120.00

FREESTYLE™ STEP

The all new red/black color combination is an eye-catching addition to your group fitness area. Includes the Freestyle risers which offer you 3 position combinations: flat, horizontal and vertical slant. The step platform offers a more cushioned surface for comfort and texture. The Freestyle Step riser is a surefire way to keep your members coming back for more.

S-170110 $130.00

STEP PLATFORM RACK

46" L x 20" W x 60" H. Made of great looking black PVC piping. Holds up to 15 Original Step platforms (platforms sold separately).

S-730000 $395.00

STEP BLOCK RACK

46" L x 20" W x 42" H. Made of great looking black PVC piping. Holds up to 60 Original Step blocks. (block sold separately)

S-730002 $355.00

STEP STAK

Riser lock into step surface. Slip-resistant bottom. Adjusts to 6, 8 and 10 in heights.

S-170000 $105.00

ULTRASLIDE® BOARDS

The ULTRASLIDE® provides a highly-effective, challenging, and fun aerobic workout. Because it is one of the only products available that allows you to move laterally, it will train your muscles in an entirely new way. Lateral movement engages muscles that are not usually used in daily activity and exercise. Experience the ULTRASLIDE Slideboard and the components that make it durable and built to last.

S-150006	UltraSlide 6' Home	$250.00
S-150007	UltraSlide 7' Home	$380.00
S-150008	UltraSlide 8' Pro	$570.00
S-150010	UltraSlide 10' Pro	$670.00

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ULTRASLIDE® boards can be customized with the name, logo, and/or colors of a team, institution, or business.

Call us for more info!

ULTRASLIDE® SLIDE SLIPPERS

S-150020	Regular size	$26.00
S-150022	Size 14+	$30.00

ULTRASLIDE® SLIDE POLISH

ULTRASLIDE® Slide Polish was specially formulated for our slide board surface to give you maximum performance. Just spray directly on the surface, wipe immediately with a soft clean cloth, and begin sliding! 14oz.

S-150030 $15.00

JUMP ROPES

BEADED JUMP ROPE

Durable nylon rope with PVC beads and moulded PVC handles. Gray handles. Rope color coded by length.

S-130008	8'	White/Black	$9.00
S-130009	9'	Black/Red	$9.00
S-130010	10'	White/Red	$9.00

ELITE SURGE JUMP ROPE

Our top-of-the-line speed rope, made specifically for CrossFit athletes who want the best for speed and double-unders. The patented ball bearing system makes it the most efficient jump rope on the market. Ball bearings have been placed just above and below the insert of the cable giving an incredible feel of balance while jumping.

S-130300 10' Black/Red $29.00

ULTRA LIGHT SPEED CABLE JUMP ROPE

Redesigned Ultra Speed Rope with new handle and an unbreakable dowel to make it the lightest and fastest jump rope on the market.

S-130200 10' Black $18.00

LEATHER JUMP ROPE

Made with genuine leather and contoured foam handles. Precision ball bearings have been added for extra speed and provide a tangle-free, quick action.

S-130100 9' Black $12.00

STAK PRO JUMP ROPE

STAK Pro Jump Rope far outperforms and outlasts even the most expensive professional leather rope and is designed for maximum performance on virtually every surface.

S-130000 10' Red $7.50

TRAMPOLINE

39" silver frame with black legs and 32.5" Permatron jumping surface. 30 adjustable cords allow for 3 adjustable tension settings that allow changes to mat firmness for a customized bounce. With three easy-to-adjust firmness settings choose your bounce. Mix up your workout with included 4-in-1 Fitness DVD.

S-100000 $350.00

VERSABAR®

Keep your class moving without stopping to load and unload plates. These weighted aerobic bars offer superior rubberized coating for long-lasting durability. Solid steel construction, except 4 lb. bar is hollow steel construction. Rubber end caps. Color coded by weight. Bar color: Black. 2-year limited warranty.

S-100204	4 lb.	4' long	$26.00
S-100206	6 lb.	4' long	$30.00
S-100209	9 lb.	4' long	$36.00
S-100212	12 lb.	4' long	$39.00
S-100215	15 lb.	4' long	$45.00
S-100218	18 lb.	4' long	$57.00
S-100224	24 lb.	5' long	$70.00
S-100230	30 lb.	5' long	$80.00
S-100236	36 lb.	6' long	$101.00

PREMIUM VERSABAR®

Unique square ends keep the bar in place, reduce noise, and protect floors. Weight is molded into the caps so it won't wear off and color coding makes identification easy. Solid steel construction, except 4 lb. bar is hollow steel construction. Square rubber end caps. Color coded by weight. Bar color: Black. 2-year limited warranty.

S-100306	6 lb.	4' long	$39.00
S-100309	9 lb.	4' long	$48.00
S-100312	12 lb.	4' long	$55.00
S-100315	15 lb.	4' long	$62.00
S-100318	18 lb.	4' long	$69.00
S-100324	24 lb.	5' long	$89.00
S-100330	30 lb.	5' long	$115.00
S-100336	36 lb.	6' long	$137.00

AEROBIC BAR VERTICAL STORAGE RACK

4 storage compartments. Fixed rack stays in place. Can hold maximum of 24 although that number may vary based on type of bars stored. Assembly required. 25"L x 19"W x 41"H. Bars not included with rack.

S-730170 $175.00

PREMIUM AEROBIC VERSABAR STORAGE RACK

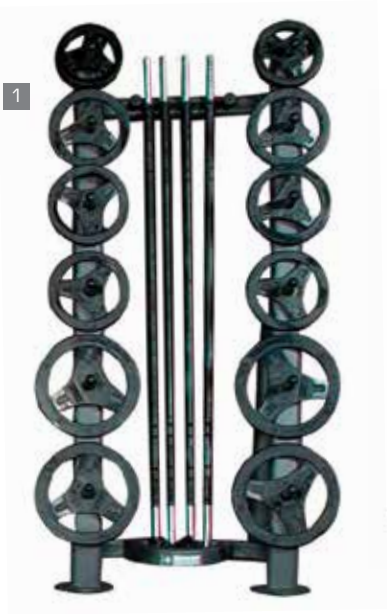
Rack holds up to 72 bars (4, 6 lb.), 54 bars (9, 12, 15 lb.), or 36 bars (18, 24, 30, 36 lb.). Assembly required. 44"L x 27"W x 52"H. Bars not included with rack.

S-730172 $475.00

GROUP TRAINING

This versatile barbell set lets you perform traditional barbell exercises or use the plates alone for handheld exercises. The built-in grips make holding the plates easier than with standard plates. Plus, the plates are sized for easy identification. The high-quality rubber coating offers a comfortable grip and prevents damage to floors.

All Deluxe and Plus barbell sets include a premium steel bar with rubber-coated cover, a pair of threaded collars, and plates: two 10 lb., two 5 lb., and two 2.5 lb.



1 S-110010 CALL US FOR PRICING
2 S-110020 CALL US FOR PRICING

BARBELL AEROBIC WEIGHT SET CLUB PACK

Our 40 lb Aerobic Weight Set is the one preferred and used by fitness clubs. Safe, vinyl-covered plates. Contains: 2 x 10 lb, 2 x 5 lb, 2 x 2.5 lb plates, and one 3 lb 4' bar and 1 pair collars. Dimensions: 41.5"L x 28"W x 32"H

1 S-110000 Club Park Set $975.00
2 S-730180 Rack Only $299.00

GLIDING™ DISCS

Add a new dimension to your existing workout or a new training option to your facility. Gliding™ Discs create a smooth sliding surface for all your upper- and lower-body workouts. One style slides on carpet, the other on hardwood. Gliding incorporates body sculpting, balance, flexibility, core, and cardio and will change the way you train clients.

S-100101	Pair for hardwood floor and instruction manual	$18.00
S-100103	Pair for carpet and instruction manual	$18.00
S-100111	25 Hardwood floor pairs	$245.00
S-100113	25 Carpet pairs	$245.00

KICKBOXING

POWERFORCE® PRO KICK & PUNCH SHIELD

Large contoured 23"L x 12"W striking surface provides firm target for kicks and punches. Sturdy arm sling with 3 grips for secure hold. Smooth, synthetic covering backed with nylon and 4" firm padding. 3 lb. 26"L x 12"W x 6"T.

S-140006 $145.00

POWERFORCE® PUNCH MITTS

Each handheld mitt features a large striking surface. Soft synthetic construction with 1.5" thick shock-absorbing foam. One size fits most. Polyurethane cover. 1 lb. Mitt area: 9.5"L x 8"W.

S-140002 $48.00

POWERFORCE® PRO-CURVE BAG GLOVES

These 1 lb. Pro-Curve Punching Bag Gloves feature preshaped nubuck synthetic construction. Elastic wrist strap. Open thumb. One size fits most. Polyurethane cover.

S-140004 $42.00

POWERFORCE® BOXING GLOVES

Preshaped 12 oz. pro glove with washable smooth synthetic cover, water/odour resistant lining, and triple layered foam in strike areas for added protection. 3" cuff with wide Velcro closure for secure fit. Polyurethane cover. Closed thumb. One size fits most.

S-140000 $64.00

POWERFORCE® DOUBLE FOCUS TARGET

The 2-piece handheld striking target has a contoured handle for comfort and a durable elastic wrist strap for secure grip. 1 lb. 15"L x 8"W.

S-140008 $42.00

POWERFORCE® FREE STANDING BAG

Designed for kicking and punching without the need for hanging. The removable foam collar increases or decreases pivoting of the bag from its heavy-duty rubber coil. Fill the 33.5" diameter base with water or sand for stability. 2 piece base holds up to 280 lb. of water. Dry weight, 57 lb. Assembly required.

S-140010 $460.00

POWERFORCE® HANGING BAG

This 50 lb. hanging bag lets you work on striking techniques without the risk of knocking the bag over. The compact size is ideal for areas where space is limited. Includes chains for hanging. PVC cover. 42"L x 12"D.

1 S-140012 Bag Only $160.00
S-140016 Bag w/stand $485.00

POWERFORCE® HEAVY BAG STAND

Holds bags of various lengths and weights and supports bags up to 100 lb. Solid-steel construction large footprint for a stable and sturdy base. Includes wheels to allow for portability. Assembly required. Bag not included. Gray. 92.4 lb. 41.5"W x 54"L x 94"T.

2 S-140014 $390.00

PRECOR®

A wider range of people are incorporating strength training into their overall fitness routines. To meet the very different goals and comfort levels of every user, you need a broad variety of strength equipment.

–

We offer comprehensive ranges of strength equipment providing something for everyone in a variety of color options that can complement any facility. With the same focus on ergonomics and smooth motion as our cardio equipment, our Discovery™ Series, Vitality™ Series and Icarian® strength lines offer something for every user.

STRENGTH EQUIPMENT FOR EVERY BODY

DISCOVERY™ SERIES SELECTORIZED LINE

Both you and your exercisers will appreciate the combination of biomechanics and aesthetics of the Discovery™ Series Selectorized Line. It combines all the functional performance elements demanded from a strength line, along with the design and attention to detail you expect from Precor.

Key features of the Discovery™ Series Selectorized Line include:

APPEARANCE – Creates an open and inviting environment to everyone within the facility with a new consistent low-profile tower height and translucent shrouds.

DURABILITY – The 11-gauge steel and fully-welded boxed frame provides a rock solid foundation that will not bend, flex or creak under heavy loads or over time.

PRECISION ADJUSTMENTS – Highly visible and durable touch points including the industrial gas-assisted seat adjustments, over-molded rubber handles, selector pin, and add-on weight.

EASE OF USE – Large, text-free instructional placards with QR codes linked to instructional videos make getting started easy for all exercisers.

DISCOVERY™ SERIES PLATE LOADED LINE

The Discovery™ Series Plate Loaded Line combines all of the functional performance elements demanded from a strength line but with the design and attention to detail that is the hallmark of Precor premium quality. The result is an exceptional experience for the first-time user and the seasoned athlete alike.

Key features of the Discovery™ Series Plate Loaded Line include:

BIOMECHANICAL EXCELLENCE – Resistance strength curves tailored to match the body's natural force curves.

WORKOUT-ENHANCING DESIGN – Independent arm resistance demands greater balance and core muscle engagement from the user, while the converging /diverging movement paths provide a greater range of motion and muscle recruitment.

LONGEVITY – Built to withstand the toughest commercial fitness environments.

MADE FOR EVERYONE – Designed to suit a wide range of users, featuring elements such as easy load heights, low starting weights and ample plate storage.

VITALITY™ SERIES
COMPACT, EFFICIENT STATIONS TO FIT ANY FACILITY

The Vitality™ Series can help you provide the variety users need while working within space and budget requirements. To encourage comfortable and effective workouts, the range incorporates biomechanically correct and user-friendly design.

Key features of the Vitality™ Series include:

NATURAL FEEL – Sound biomechanics deliver a smooth, fluid motion that moves with the body and feels natural to the user.

WELCOMING DESIGN – Translucent shrouds partially enclose weight stacks, creating a sense of privacy helpful to new users, while maintaining some openness throughout your facility.

EASY TO USE – Users will enjoy a walk-in design and a minimum number of necessary adjustments. Any required adjustments can be easily made from the seated position.

FTS GLIDE FUNCTIONAL TRAINING SYSTEM

The FTS Glide offers resistance training with freedom of motion to increase core strength, balance, stability and coordination. Designed with a compact footprint and low height to fit any fitness facility, the FTS Glide is easy to use.

ICARIAN® MODULAR SYSTEMS VERSATILE. EXPANDABLE. ALWAYS IMPRESSIVE.

Modular systems are cable-based functional training stations offering space efficiency for the number of exercise stations they incorporate.

The exercise movements on the machines are identical to single station units without ever compromising the function users have come to expect. With a wide range of pre-configured stations for your convenience, Precor modular systems are available in 2-stack, 4-stack, 5-stack, 6-stack, 8-stack or 12-stack.

BENCHES AND RACKS STABLE, FUNCTIONAL, AND BUILT TO LAST

Keep even your most committed, knowledgeable and demanding users satisfied. Our complete line of benches and racks will meet their need and expectations of functional, stable, well-built equipment.

Available in the same comprehensive choice of colors as our strength lines, our benches and racks are sure to complement the look of your facility. Plus, all of our racks feature rubber-coated saddles to protect the finish on your dumbells and barbells.

With the growth of functional training areas, the demand for efficient space utilization becomes critically important while balancing the budget. Dynamic Fitness creates customized fitness solutions for your offering, so you can accomplish these goals and position your services better than any other offering in your community.

STAK Fitness supports the implementation of the Dynamic product mix in your region with our regional representatives.

Dynamic Fitness is a customer first driven company.

HALF RACK

Dynamic Fitness products are designed to offer the industry with the best built products within the athletic and fitness arena. Leading the way is our premium Edge Half Rack which brings superior quality, function, and versatility to any training facility. By offering custom features with ground breaking innovative designs, our products give your facility the foundation for success.

1 EDGE GLUTE HAM

Capable of accommodating a variety of core, hip, and hamstring movements, the Edge Glute-Ham targets vital, often neglected muscle groups with precision and intensity. 3"x3" steel tube. Single "half moon" pad design OR Split (2) "half moon" pad design.

S-560010 Single Pad CALL US FOR PRICING
S-560012 Split Pad CALL US FOR PRICING

2 ACCELL SERIE GLUTE HAM

Capable of accommodating a variety of core, hip, and hamstring movements, the Accell Glute-Ham targets vital, often neglected muscle groups with precision and intensity. Featuring a fully adjustable footpad, plate holder platform, assistance handles, and a versatile half-pad, this Glute-Ham is the perfect addition to any training facility. 3"x 3" steel tube. Single "half moon" pad design OR Split (2) "half moon" pad design.

S-560000 Single Pad CALL US FOR PRICING
S-560002 Split Pad CALL US FOR PRICING

ANNEX RACK SYSTEM

Our Modular Annex Rack offers all the features of an Olympic station with the ability to add storage and connect additional units as a facility expands and evolves.

Storage of weight plates, dumbbells, kettlebells, and medicine balls is contained between the two half racks to eliminate the need for stand-alone weight storage racks while keeping your essential training tools close to the workout area.

This unique integration of Olympic racks and storage systems maximizes utilization of available training space. Training stations come standard with many features plus a wide variety of attachments to fulfill every site and station need.

Versatility and customization have lost their way in the fitness industry, but STAK Fitness in collaboration with Dynamic Fitness and Strength is bringing it back with the M³ Zone Series.

Choose a standard set up or customize your own for your space. Add attachments from 20+ options, interchange them at any time. Color customize any part of the unit. The M³ Zone possibilities are endless.

Training trends change, so your equipment should be able to change with them. The M³ Zone also allows for complete walk through of the unit, no more large machine foot print staking up space in your functional facility.

Units come with 3"x3", 11 gauge steel uprights. Precision laser cut numbering system to easily adjust attachments. Steel shot blasted and washed for ultimate paint adhesion to make your M³ Zone Group Trainer look brand new for years to come.

CUSTOM RIGS

In offering fitness services today, you need to be flexible and efficient in space utilization.

At STAK Fitness, we know that every square foot counts and that is why we have chosen Dynamic Fitness as our partner in customizing rigs and using space efficiently. Dynamic customizes rigs and functional areas for your space, budget and usage requirements. One size does not fit all – so your supplier needs to have customizable options. STAK Fitness provides that with Dynamic Fitness.

CROSS TRAINING

RACK & RIGS
SEE PAGE #25

BUMPER PLATES
SEE PAGE #29

OLYMPIC BARS
SEE PAGE #31

DOUBLE CHECK TO MAKE SURE YOU HAVE EVERYTHING FOR YOUR CROSS TRAINING NEEDS

SLED
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JUMP ROPES
SEE PAGE #14

CONCEPT2
SEE PAGE #10

KETTLEBELLS
SEE PAGE #32

PLYOBOXES
SEE PAGE #63

TRAINGING ROPES
SEE PAGE #45

MEDICINE BALLS
SEE PAGE #40

CLIMBING ROPES
SEE PAGE #45

BARS, PLATES & DUMBBELLS

RUBBER HEX DUMBBELL

Black rubber dumbbells by STAK Fitness are the perfect tools to quickly build muscle. The pair feature a hexagon shape that wont roll away and store easily. Sold by pair.

S-540103	3 lb.	$9.90	S-540125	25 lb.	$82.50	S-540160	60 lb.	$198.00	S-540195	95 lb.	$313.50
S-540105	5 lb.	$16.50	S-540130	30 lb.	$99.00	S-540165	65 lb.	$214.50	S-540199	100 lb.	$330.00
S-540108	8 lb.	$26.40	S-540135	35 lb.	$115.50	S-540170	70 lb.	$231.00	S-540106	105 lb.	$346.50
S-540110	10 lb.	$33.00	S-540140	40 lb.	$132.00	S-540175	75 lb.	$247.50	S-540111	110 lb.	$363.00
S-540112	12 lb.	$39.60	S-540145	45 lb.	$148.50	S-540180	80 lb.	$264.00	S-540116	115 lb.	$379.50
S-540115	15 lb.	$49.50	S-540150	50 lb.	$165.00	S-540185	85 lb.	$280.50	S-540121	120 lb.	$396.00
S-540120	20 lb.	$66.00	S-540155	55 lb.	$181.50	S-540190	90 lb.	$297.00	S-540126	125 lb	$412.50

BUYING TIP

NO, NOT ALL DUMBBELLS ARE MADE THE SAME.

Different styles most often denote different levels of quality. To make sure you get the right Bar, Plate and dumbbells for your application contact our expert team today at the below number.

STAK URETHANE BARBELL

STAK Urethane Barbells are extremely high grade urethane coating, no odour. Solid steel cores, contoured edges. Permanent thermal plastic logos. Permanently attached weight marking. Industrial hard chrome handles.

S-541020 Set 20-110 lb.
S-541025 Set 25-115 lb.
S-541060 Set 20-60 lb. - 5 bars
S-541065 Set 25-65 lb. - 5 bars
S-541160 Set 20-60 lb. - CURL - 5 bars
S-541120 Set 20-110 lb. - CURL

CALL US FOR PRICING
CUSTOM LOGO AVAILABLE

STAK URETHANE DUMBBELLS

STAK Urethane dumbbells are extremely high grade urethane coating, no odour. Industrial hard chrome handles. Permanent thermal plastic logos. Solid steel cores, contoured edges. Permanently attached weight marking.

S-540200 Set 5-25 lb.
S-540205 Set 7.5-27.5 lb.
S-540210 Set 5-50 lb.
S-540215 Set 32.5-52.5 lb.
S-540220 Set 55-100 lb.
S-540230 Set 105-125 lb.
S-540240 Set 130-150 lb.
S-540250 Set 155-200 lb.

CALL US FOR PRICING
CUSTOM LOGO AVAILABLE

PRO-STYLE BARBELL RACK

This rack hold any combination of 10 barbells, but the real plus is the space saving advantage. Hold barbells securely in place in contrast on the black powder coated steal frame. Dimensions: 36"W x 32"D x 50"H

S-730130 $499.00

DUMBBELL RACK

The flat tray racks come in one-tier, two-tier and three-tier styles. The three-tiered flat rack was the industry's first biomechanically correct dumbbell rack. Its trays are positioned at angles that help prevent injury when loading and off loading dumbbells. Holds up to 13 pairs of Rubber Hex dumbbells with its robust steel frame. Dimensions 46"W x 22"D x 38"H

S-730120 $315.00

STAK URETHANE OLYMPIC PLATE

STAK Urethane Olympic Plate are extremely high grade urethane coating, no odour. Urethane-encased weight plates won't crack, chip, flake, peel, rust, or tear. Custom Logo Available. Contact Us.

S-510002	2.5 lb.	$8.25
S-510005	5 lb.	$16.50
S-510010	10 lb.	$33.00
S-510025	25 lb.	$82.50
S-510035	35 lb.	$115.50
S-510045	45 lb.	$148.50

STAK RUBBER OLYMPIC PLATE

The STAK Rubber Olympic plate weights have a solid steel plate in the core and a nice black rubber coating on the outside to protect your floor from scratches and prevent chipping of the weights.

S-510102	2.5 lb.	$6.75
S-510105	5 lb.	$13.50
S-510110	10 lb.	$27.00
S-510125	25 lb.	$67.50
S-510135	35 lb.	$94.50
S-510145	45 lb.	$121.50

STANDARD OLYMPIC PLATE

Cast Iron Olympic Plate.

S-510502	2.5 lb.	$3.25
S-510505	5 lb.	$6.50
S-510510	10 lb.	$13.00
S-510525	25 lb.	$32.50
S-510535	35 lb.	$43.75
S-510545	45 lb.	$58.50

RUBBER TRAINING BUMPER PLATES

These training bumper plates provide flooring protection, have a reinforced 2-inch centre steel sleeve.

BUMPER PLATES (LB)

S-510610	10 lb.	$18.00
S-510615	15 lb.	$27.00
S-510625	25 lb.	$45.00
S-510635	35 lb.	$62.00
S-510645	45 lb.	$80.00

BUMPER PLATES (KG)

S-510805	5 kg.	$20.00
S-510810	10 kg.	$40.00
S-510815	15 kg.	$60.00
S-510820	20 kg.	$80.00
S-510825	25 kg.	$100.00

OLYMPIC A-FRAME PLATE TREE BLACK

7 pegs for Olympic plate storage.
Dimensions: 29"L x 20"W x 36"H

S-730200 $150.00

BUMPER PLATE RACK AND BAR HOLDER

Bumper Plate Rack is constructed of heavy-gauge steel and features nylon sleeves to protect the inner hub of your plates. The Bumper Plate Rack features 2 inch vertical receptacles to store 2 International Olympic bars. Weight posts spaced to accommodate bumper plates of equal sizes on both sides. Unit Dimensions: 34" W x 26" D x 54" H. Bars, Plates, and Collars NOT included

S-730205 $329.00

RUBBER TRAINING COLOR BUMPER PLATES

Rubber Training Color Bumper Plates (LB). Color coded. Reinforced 2" stainless steel insert. Superior solid rubber. Protects floors. Fits 2" Olympic bars and plated loaded machines.

S-510710	10 lb.	$28.00
S-510725	25 lb.	$58.00
S-510735	35 lb.	$81.00
S-510745	45 lb.	$105.00

CURL BEARING BAR - 4FT

Curl bearing chrome bar feature a bronze bushing system that guarantees the smoothest rotation possible. Diameter: 28mm shaft. Weight: 22 lb. End Caps: rubber. Finish: Hard Chrome. Length: 4 ft.

S-511100 $170.00

47-IN CHROME CURL BAR

This bar is perfect for home use and small vertical market applications. Diameter: 28mm shaft. Finish: Chrome. Length: 47 in.

S-511105 $99.00

BULLDOG CURL BAR WITH URETHANE GRIPS

The Bulldog Bar is a study in form following function, with the best of three different materials coming together for an amazingly stable bar. Constructed of steel, the bar and Bearing sleeves are coated in hard chrome. Weight: 25 lb

S-511110 $225.00

CAMBERED SQUAT BAR

Cambered design helps user maintain form. Heavily padded shoulder harness with built in handgrips for comfort. Bar fits standard racks for racking and unracking during exercise. 7-gauge tubular steel with Olympic-size, chrome-plated barrels. Weight capacity is 400 lb. Assembly required. Plates and collars sold separately. Black/ Chrome. Bar length: 81". Inside length: 54". Sleeve: 11-1/8" .

S-511120 $365.00

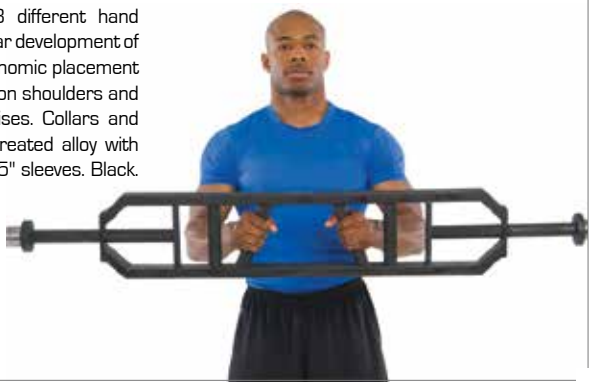
OLYMPIC TRI-TRAP BAR WITH URETHANE GRIPS

Olympic Tri-Trap International Bar with Urethane Grips. Harden chrome bars feature a bronze bushing system that guarantees the smoothest rotation possible. Smooth rotation Durable rubber end caps 35" triceps, hammer curl bar Tri-Trap International Bar with Urethane Grips.

S-511115 $225.00

MULTI GRIP BAR

This weight-lifting bar has 3 different hand positions for complete muscular development of the shoulders and chest. Ergonomic placement of hands helps reduce stress on shoulders and wrists during pressing exercises. Collars and plates sold separately. Heat-treated alloy with knurled handgrips. Fixed 15.25" sleeves. Black. Length: 84".



S-511126 $385.00

MULTI-HEX BAR WITH HIGH-LOW DUAL GRIPS

Multi-Hex Bar with High-Low Dual Grips is an Olympic shrug bar that features a hardened chrome finish. Opposing handles automatically adjust wider or narrower to custom fit each lifter. Unique kick stands allow weight plates to be easily loaded and unloaded. Olympic hex bar sleeves are roll pinned to the interior shaft guaranteeing that the sleeve will not come loose.

S-511117 $365.00

7-FT OLYMPIC BAR

Fits 2" Olympic size plates. 7ft long. Weighs approx. 40 lb (18KG). Chrome plated.

S-511000 $175.00

7-FT OLYMPIC BAR - 1500 LB

These Olympic Bars are perfect for any heavy use commmercial setting such as gyms and health clubs. 1500 lb. test-32 mm. Bar Length : 7 Feet.

S-511005 Chrome $265.00
S-511006 Black $265.00

ELITE OLYMPIC TRAINING BAR

Elite Olympic Training Bars are made from the highest grade steel with a minimum tensile of 190,000 PSI. Sleeves are finished to a precise 1.975" diameter. Accepts all 2" Olympic weight plates. Bar Test Rating: 1500 lb. Bar Grip Diameter: 28 mm. Bar Lengtg: 7,22 ft.

S-511015 $475.00

NEEDLE BEARING OLYMPIC TRAINING BAR - 7-FT

The Needle Bearing Olympic Training bars are an excellent choice for Olympic-style movements. The needle bearings ensure smooth, consistent rotation of the sleeves. The bar is 7' long. Bar Grip Diameter: 28 mm. Bar Test Rating: 1200 lb.

S-511010 $385.00

OLYMPIC BAR HOLDER

The bar holder holds up to six weight lifting bars. Weighted base will not tip over if loaded unevenly. Keep your weight room organized and protect bars. Holds up to 6 bars. Bar sleeves are 8.5" high with PVC inserts to protect bar ends from damage. 22" L x 18" W x 9" H. Black.

S-730220 $135.00

FAT BAR

Thick grip targets hands, wrists, and forearms for greater strength development. Made of 3" tubular steel with knurled grips and 2" fixed sleeves.

S-511122 Short Flat Bar $170.00
S-511124 Long Flat Bar $245.00

PULLING STANDS

A great teaching aid for beginning Olympic lifters. Stand adjusts from 13" to 20" in 1" increments. Rubber-coated cradle area is curved to keep bar centered. Wide base for stability. Bars and plates sold separately. Ships in 2 boxes. 22" L x 13" W x 20" H (ea.)

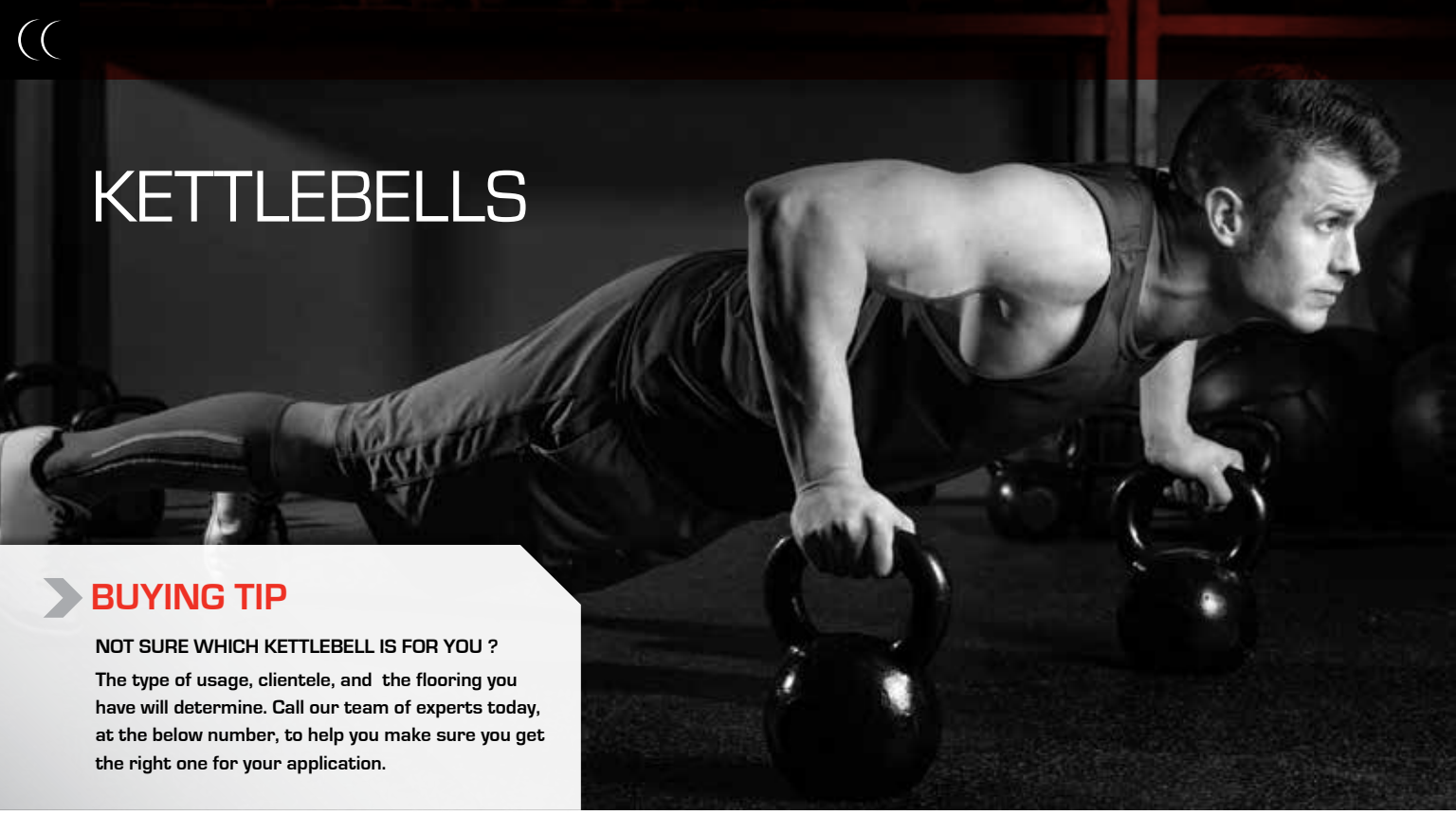
S-511050 $299.00

LANDMINE

A ground-based rotational training device that works the entire body. Perform explosive 1- and 2-arm movements and other rotational exercises simply by inserting any Olympic-size bar (not included) into the 12" pivoting sleeve at the units base. A 4" sleeve holds standard 1" bars. Portable for use in or out of the weight room; includes handle for easy transport. Assembly required. Black. Base: 19.5" L x 16" W.

S-511060 Landmine Only $299.00
S-511062 Landmine with Wide Handle $345.00
S-511064 Wide Handle Only $50.00

KETTLEBELLS



BUYING TIP

NOT SURE WHICH KETTLEBELL IS FOR YOU ?

The type of usage, clientele, and the flooring you have will determine. Call our team of experts today, at the below number, to help you make sure you get the right one for your application.

HERCULES CAST IRON KETTLEBELL

Single Kettlebells will appeal to experts and beginners alike. The product sports a rugged mat black finish, has a uniquely positioned handle for a smooth, ergonomic motion. These are the perfect tool to get an edge in body strength, endurance, balance, and core stability.

S-565005	5 lb.	$9.00
S-565010	10 lb.	$17.00
S-565015	15 lb.	$26.00
S-565020	20 lb.	$34.00
S-565025	25 lb.	$43.00
S-565030	30 lb.	$51.00
S-565035	35 lb.	$60.00
S-565040	40 lb.	$68.00
S-565045	45 lb.	$77.00
S-565050	50 lb.	$86.00
S-565060	60 lb.	$105.00
S-565070	70 lb.	$120.00
S-565080	80 lb.	$137.00

PREMIUM KETTLEBELL

Cast iron bell is encased in vinyl with rubber plate on bottom to help reduce noise and prevent damage to floors and racks. Smooth, solid steel handle for comfortable grip. For indoor use only. Color coded by weight; colors may vary. Handles are 1" to 1-3/8" depending on size/ weight of kettlebell.

S-565105	5 lb.	Light Blue	$43.00
S-565108	8 lb.	Purple	$49.00
S-565110	10 lb.	Yellow	$54.00
S-565112	12 lb.	Green	$55.00
S-565115	15 lb.	Orange	$61.00
S-565118	18 lb.	Red	$65.00
S-565120	20 lb.	White	$70.00
S-565125	25 lb.	Gray	$81.00
S-565130	30 lb.	Black	$97.00
S-565135	35 lb.	Red	$112.00
S-565140	40 lb.	Blue	$121.00
S-565145	45 lb.	Gray	$134.00
S-565150	50 lb.	Black	$144.00

COMPETITION KETTLEBELL

To help elimiate detrimental effects to skill technique, each steel kettlebell is the exact same physical size and shape in all weights. Handles are 1-3/8".

S-565208	8 kg.	Light Blue	$73.00
S-565210	10 kg.	Purple	$75.00
S-565212	12 kg.	Yellow	$82.00
S-565214	14 kg.	Green	$95.00
S-565216	16 kg.	Orange	$109.00
S-565218	18 kg.	Red	$115.00
S-565220	20 kg.	White	$122.00
S-565222	22 kg.	White	$129.00
S-565224	24 kg.	Gray	$136.00
S-565226	26 kg.	Black	$143.00
S-565228	28 kg.	Red	$154.00
S-565232	32 kg.	Blue	$184.00
S-565236	36 kg.	Gray	$204.00
S-565240	40 kg.	Black	$236.00
S-565244	44 kg.	Black	$286.00
S-565248	48 kg.	Black	$340.00

KÔR™ KETTLEBALL

Like a traditional kettlebell, the kôr™ Kettleball is an excellent tool for strengthening the core. The kôr™ Kettleball is an attractive, user friendly alternative to cast iron kettlebells in group exercise classes and personal training sessions. These unique, non nonscuffing kettleballs are uniformly sized for consistent technique development and feature a 1.25" durable, molded polypropylene handle for a solid grip and smooth rotation. Fits standard kettlebell racks. Patent Pending. Color coded by level (Beginner–Yellow, Intermediate Orange, Advanced–Blue). 12" H x 8" diam.

S-565305	5 lb.	Yellow	$61.00
S-565308	8 lb.	Green	$68.00
S-565310	10 lb.	Orange	$74.00
S-565312	12 lb.	Red	$80.00
S-565315	15 lb.	White	$87.00
S-565320	20 lb.	Red	$105.00
S-565325	25 lb.	Blue	$125.00
S-565330	30 lb.	Gray	$149.00
S-565335	35 lb.	Black	$163.00

STAK "APPLE SHAPE" VINYL DUMBBELL

Unique apple shape keeps dumbbell from rolling away. Comfortable ergonomic handle. Black. Sold by pair.

S-540001	1 lb.	$8.00	S-540005	5 lb.	$24.00	S-540010	10 lb.	$44.00
S-540002	2 lb.	$12.00	S-540006	6 lb.	$27.00	S-540012	12 lb.	$50.00
S-540003	3 lb.	$16.00	S-540007	7 lb.	$30.00	S-540015	15 lb.	$60.00
S-540004	4 lb.	$20.00	S-540008	8 lb.	$34.00			

2 SIDED VERTICAL RACK ACCOMMODATES STAK "APPLE SHAPE"

Space-saving design stores and protects dumbbells in individual cradles. Unit Dimensions: 20"L x 9"W x 32"H

S-730100 $285.00

APPLE SHAPE BIN RACK

6 compartment Apple Shape Rack. Two-Tiered. Dimensions: 43"L x 30"W x 41"D. Dumbbells sold separately.

S-730108 $895.00
S-730109 $80.00 Locking Casters (4) for S-730108

APPEL SHAPE RACK WITH SECURITY BAR

Designed especially Appel Shape. Elliptical shaped tubing throughout makes this an attractive rack while protecting the neoprene coating from possible damage. The rack is mobile with wheels and features a security bar. 39"W x 16.25"D x 34.25"H

S-730104 $380.00

CLUB PREMIUM KETTLEBELL RACK

Keep your kettlebells organized and looking great with this 3-tier rack. Holds up to 18 kettlebells. Rubber mats on shelves reduce noise and protect kettlebells. (kettlebells sold separately). Steel construction. Black/ Gray. Assembly required. 54"L x 25"D x 36"H.

S-730158 $595.00

2 TIER KETTLEBELL RACK

Designed with the user in mind, raised back edges and ergonomic shelf placement reduces injury risk and provides ease-of-use. 12-20 Kettlebell storage capacity. 28"H x 60"W x 24"D. Custom colors available

S-730154 $475.00

KETTLEBELL RACK

This Kettlebell Rack offers strong steel construction, rubber lined trays for added kettlebell protection and a compact footprint to help fit in any home or commercial gym. The spacious storage trays allow storage for most cast iron or vinyl covered kettlebells. Dimensions: 45"W x 24"D x 33"H. Kettlebells sold separately.

S-730150 $275.00

STRENGTH ACCESSORIES

LOCK-JAW OLYMPIC

The Lock-Jaw Olympic Barbell Collar features a solid nylon resin frame and injection molded pressure pads, making it nearly unbreakable.

S-500010 $42.00

LOCK-JAW PRO

The Lock-Jaw Pro Collar features a solid-core injection molded nylon resin frame and injection molded pressure pads, making it nearly unbreakable!

S-500011 $47.00

LOCK-JAW ELITE

The Lock-Jaw Elite Barbell Collar features an easy-to-use design and has been enhanced through a patent pending hybrid steel skeleton.

S-500012 $59.00

SPRING COLLAR

International Spring Lock Collar comes in pairs and is made of spring steel and has 2-inch diameter. They feature a pair of rubber tabs to reinforce the collars.

S-500000 $12.00

STAK NECK PAD

Fits Olympic sized bars to protect the lifters neck and shoulders. 1" nylon-covered foam pad with Velcro closure. Length: 16".

S-500100 $14.00

PRO BAR WRAP PAD

Premium 1.5" nylon-covered foam pad with Velcro closure. Bar sold separately. Black. Length: 18".

S-500104 $29.00

SELECTORIZED STACK PLATES

Stack Plates work universally on Selectorized weight machines with add-on weights in 2.5 lb. and 5 lb. increments, adding variety to your consumer's workouts.

S-500150 2.5 lb. $12.00
S-500155 5 lb. $23.00

PLATEMATE DONUT

PlateMate Donuts fit securely over the ends of pro-style dumbbells. With just two pairs of 1.25 lb Donuts, you can increase the weight of each dumbbell by 2.5 lb. Sold in pair.

S-500161 1.25 lb. $33.00
S-500162 2.5 lb. $47.00

PLATEMATE HEX - 1.25 LB

PlateMate Hex attaches to weights securely with three superstrong magnets. Fits solid-poured dumbbells, Olympic bars, power blocks, and stack weight machines. Includes (2) 1.25 lb PlateMates.

S-500171 $33.00

PLATEMATE BRICK

PlateMate Bricks build strength steadily with microloads in 2.5 lb and 5 lb increments. rick attaches securely to top weight on selectorized machine when performing lifts and to framework of machine when not in use. Price per unit

S-500182 2.5 lb. $35.00
S-500185 5 lb. $40.00

PADDED PACESETTER TRAINING BELT

Padded, Black Leather Belt features a double prong roller buckle, saddle stitching and a soft suede leather lining for extra comfort. Available in 4" and 6".

S-500500	4"	S	26" to 32" waist	$29.00	S-500510	6"	S	26" to 32" waist	$34.00
S-500501	4"	M	30" to 36" waist	$29.00	S-500511	6"	M	30" to 36" waist	$34.00
S-500502	4"	L	34" to 40" waist	$29.00	S-500512	6"	L	34" to 40" waist	$34.00
S-500503	4"	XL	38" to 44" waist	$29.00	S-500513	6"	XL	38" to 44" waist	$34.00

DIPPING BELT

Dipping Belt with chain and snap clip closure. Used for adding weight to ones own body when performing "dips" and chin-ups. Assists in exercising triceps, back and chest muscles.

S-500520	Leather	$49.00
S-500525	Nylon	$49.00

BEAR-HUGGER TRAINING BELT

Flexible and supportive black polypropylene, roller buckle and Velcro® closure, molds to the body for comfort and support. Hand washable. Great support belt for weight training, skiing, golf, cycling and many other sport and recreational activities.

S-500530	4"	S	26" to 36" waist	$29.00
S-500531	4"	M	30" to 40" waist	$29.00
S-500532	4"	L	34" to 44" waist	$29.00
S-500533	4"	XL	39" to 49" waist	$29.00
S-500540	6"	S	26" to 36" waist	$32.00
S-500541	6"	M	30" to 40" waist	$32.00
S-500542	6"	L	34" to 44" waist	$32.00
S-500543	6"	XL	39" to 49" waist	$32.00

DOUBLE PRONG POWER LIFTING BELT

Used by strength athletes to maintain vertical body rigidity for Heavy lifts such as squats, deadlifts and bench press. 13mm Thick - 4" wide.

S-500551	M	$149.00
S-500552	L	$149.00
S-500553	XL	$149.00

LEATHER ANKLE STRAP

For use with weight stack equipment to strengthen and tone leg muscles. Fully adjustable closure customizes fit. Steel D rings hold up to 750 lb of stackable weight. 3"H.

S-500560 $19.00

NEOPRENE ANKLE STRAP

Nickel plated D-rings with velcro closure and connect easily to any cable unit or home gym for hip abductions, hip adductions and cable leg curls. 2" nylon with neoprene padding.

S-500562 $19.00

ATHLETIC CHALK

Pure magnesium carbonate athletic chalk. Comes in box of 8 - 2oz. bars.

S-500566 $24.00

TRAINING GLOVES

Premium weightlifting gloves. Soft, durable cowhide leather with stretch back, padded palms and fingers. Reinforced stitched stress areas. White

S-500580	Men	S	$22.00	S-500600	Women	S	$22.00
S-500581	Men	M	$22.00	S-500601	Women	M	$22.00
S-500582	Men	L	$22.00	S-500602	Women	L	$22.00
S-500583	Men	XL	$22.00				

WASHABLE TRAINING GLOVES

Soft and durable, washable Amara leather. Machine wash and dry. Padded palms and fingers for extra comfort and durability. Reinforced stitched stress areas with hook and loop closure. Black.

S-500590	Men	S	$22.00	S-500610	Women	S	$22.00
S-500591	Men	M	$22.00	S-500611	Women	M	$22.00
S-500592	Men	L	$22.00	S-500612	Women	L	$22.00
S-500593	Men	XL	$22.00				

BAR COLLAR

Secure plates with extremely tight grip. Will not jam, scratch or damage bar and is nearly indestructible! Small and large sized to fit dumbbells, standard and Olympic bars.

S-500568	2" Supreme	$22.00
S-500569	3" Ultimate	$28.00

COTTON LIFTING STRAPS

Cotton lifting straps, 1.5" wide military strength cotton web straps, loop design for easy on - easy off improves grip with less finger and hand fatigue.

S-500570	Black	$9.00
S-500571	Red	$9.00

GRAB PADS

Pad has 3 layers of protection- two non-slip texture layers, one that rests on your hand, the other on the bar. In between them heavy duty coated mesh for strength and durability, creating a "no-slip" grip.

S-500575 $18.00

HAND WRAPS

Protect knuckles and stabilize the wrists when performing punches. 100% cotton. 108"L x 2"W.

S-500577 $8.00

CABLE ATTACHMENTS

PRO WRIST ROLLER

Strengthen your grip and forearms by rolling the weight up and down. Add resistance by increasing the weight. Uses only standard plates. Plates sold separately. 16"L x 1.5" thick.

S-530080 $49.00

TRICEP ROPE

This heavy duty triceps rope is as tough as they come. Made from heavy duty nylon and high quality rubber, this attachment is ergonomically designed for extreme comfort and control.

S-530013 $27.00

SINGLE TRICEP ROPE

Braided nylon rope with molded rubber stopper. Ropes are a useful tool for working your grip strength at the same time as other muscles.

S-530012 $15.00

SINGLE GRIP HANDLE STRAP

All-purpose handle for a variety of exercises using one arm at a time. Plastic handle, neoprene grip, nylon strap. Black. 10"L x 5.5" W.

S-530070 $17.00

NYLON THIGH STRAP

Work the upper leg and hip. Heavy strap with neoprene lining for comfortable fit. D-ring attachment and adjustable Velcro closure. Nylon strap. Black. 34"L x 2.5"W (Flat)

S-530074 $24.00

PRO NYLON ANKLE / WRIST STRAP

Wide nylon strap with thick neoprene pad for a secure, comfortable fit. D-ring attachment and adjustable Velcro closure. Black. 17" L x 4" W (flat).

S-530078 $28.00

SUPER TRICEP ROPE

Extra-long for greater range of movement. Strong braided cotton rope for hand comfort. Heavy-duty clip attachment. White. 40"L x 1.5" diam.

S-530072 $49.00

ABDOMINAL CRUNCH STRAP

Perform core and ab exercises in multiple planes with the abdominal crunch strap. D-ring attachment. 19" L x 2" W.

S-530076 $39.00

CABLE ATTACHMENT BAR PACK

Complete assortment of cable-machine attachment bars. 15 pieces.

S-530050 Club Pack 15 PC Set - No Rack $699.00
S-530055 Club Pack 15 PC Set - With Rack $999.00

PREMIUM CABLE ATTACHEMENT BARS

Each bar features a hard chrome coating and a 35 mm rubber grip ergonomically designed for extreme comfort and control.

1	S-530000	20" Revolving Straight Bar	$39.00
2	S-530001	28" Revolving Curl Bar	$55.00
3	S-530002	24" Revolving Lat Bar	$68.00
4	S-530003	34" Revolving Lat Bar	$71.00
5	S-530004	36" Revolving Lat Bar	$59.00
6	S-530005	48" Revolving Lat Bar	$70.00
7	S-530006	Multi-Exercise Bar	$61.00
8	S-530007	Triceps Full Extension Bar	$50.00
9	S-530008	Seated Row/Chinning Bar	$39.00
10	S-530009	Multi-Purpose "V" Bar	$46.00
11	S-530010	Triceps Press-down Bar	$46.00
12	S-530011	Deluxe Stirrup Handle - Each	$26.00

MEDICINE BALLS

DYNAMAX™ STANDARD 14" MEDICINE BALL

All balls are 14" in diameter, moisture resistant, and are made from 70% post-consumer recycled materials. The design and construction ensures that they will remain dimensionally stable and balanced. Our trade secret and craftsmanship guarantee that each ball, regardless of weight, has a friendly feel and will absorb high velocity impact, making for a fun and vigorous workout. **Not intended for slamming on hard surfaces.**

S-570504	4 lb.	Stinger I	$83.00
S-570506	6 lb.	Stinger II	$89.00
S-570508	8 lb.	Accelerator I	$95.00
S-570510	10 lb.	Accelerator II	$100.00
S-570512	12 lb.	Stout I	$106.00
S-570514	14 lb.	Stout II	$113.00
S-570516	16 lb.	Hefty I	$118.00
S-570518	18 lb.	Hefty II	$124.00
S-570520	20 lb.	Burly I	$131.00
S-570525	25 lb.	Burly II	$158.00
S-570530	30 lb.	Beefy	$169.00

BUYING TIP

DIFFERENT TYPES OF MEDICINE BALLS ARE DESIGNED FOR DIFFERENT APPLICATIONS.

Call one of our team of experts today to make sure you get the right medicine ball for your application.

DYNAMAX™ ELITE 14" MEDICINE BALL

Developed with NFL offensive line coaches, the Dynamax Elite Line is specially constructed to handle more weight and take more contact. Military grade materials and reinforced construction create sturdy professional grade performance. **Not intended for slamming on hard surfaces.**

S-570604	4 lb.	Stinger Elite I	$95.00
S-570606	6 lb.	Stinger Elite II	$100.00
S-570608	8 lb.	Accelerator Elite I	$107.00
S-570610	10 lb.	Accelerator Elite II	$113.00
S-570612	12 lb.	Stout Elite I	$118.00
S-570614	14 lb.	Stout Elite II	$124.00
S-570616	16 lb.	Hefty Elite I	$130.00
S-570618	18 lb.	Hefty Elite II	$147.00
S-570620	20 lb.	Burly Elite I	$152.00
S-570625	25 lb.	Burly Elite II	$158.00
S-570630	30 lb.	Beefy Elite	$169.00

STAK PROV2 MED-BALL

This high performance ball has a non-slip, high grip textured surface for solid passes and catches. Our high bounce, synthetic rubber med ball is durable, weather resistant and perfectly balanced to retain its round shape over the life of the product. **Not intended for slamming on hard surfaces.**

S-570032	2 lb.	$24.00
S-570034	4 lb.	$30.00
S-570036	6 lb.	$35.00
S-570038	8 lb.	$41.00
S-570040	10 lb.	$49.00
S-570042	12 lb.	$56.00
S-570045	15 lb.	$66.00
S-570050	20 lb.	$86.00
S-570055	25 lb.	$99.00

DYNAMAX MEDICINE BALL STORAGE RACK

Stores up to 8 Dynamax Medicine Balls. This rack is the perfect solution to get your over sized medicine balls off of the floor. 66"T x 21.5"W x 35.5"L. Balls not included.

S-730028 $245.00

POWER ROPE-BALL®

Develop rotational strength and power with this functional training tool that combines a medicine ball with a rope handle. Rope-ball combination allows you to perform quick rotational movements in an assortment of patterns and planes of movement. Rope is permanently attached to ball; washers on each side of ball ensure that rope doesn't slide. Rope length: 36". 2 lb. to 4 lb. = 8" diam. 6 lb. to 8 lb. = 9" diam. 10 lb. to 12 lb. = 10" diam.

S-570302	2 lb.	Yellow	$58.00
S-570304	4 lb.	Green	$81.00
S-570306	6 lb.	Blue	$97.00
S-570308	8 lb.	Orange	$110.00
S-570310	10 lb.	Red	$130.00
S-570312	12 lb.	Purple	$147.00
S-570315	15 lb.	Green	$171.00
S-570318	18 lb.	Blue	$194.00

MEGA SLAM BALL

This no-bounce, no-roll ball is specifically designed for high-impact throwing and slamming to the ground and is a must for any cross-training regimen. Use in place of a standard medicine ball to perform traditional core exercises or pass back and forth between partners. Rugged, textured surface provides superior grip, handling and long life. Black.

S-570210	10 lb.	$39.00
S-570215	15 lb.	$45.00
S-570220	20 lb.	$52.00
S-570225	25 lb.	$58.00
S-570230	30 lb.	$70.00
S-570235	35 lb.	$76.00
S-570240	40 lb.	$89.00
S-570245	45 lb.	$95.00
S-570250	50 lb.	$101.00

SECURE MED BALL CART

Portable, secure storage option for medicine balls and other fitness or sport-training equipment. Swing top can be securely padlocked (lock not included). Swivel casters provide mobility and lock into position. Cart first through standard doorways. Holds approximately 20-50 balls depending on diameter. Balls are sold separately. Assembly required. 45"L x 27"W x 31"H. Black.

S-730025 $525.00

MEDICINE BALL REBOUNDER

The Medicine Ball Rebounder is the perfect training partner for medicine ball exercises. Use for multiple training needs. Rebounder generates smooth return on most size medicine balls. Use flat position for jogging and balance routines. Assembly required. 40"L x 40"W x 43"H. Medicine ball sold separately.

S-570350 $520.00

1 PREMIUM MED BALL TREE

Stores up to 20 medicine balls. Ball-bearing casters provide smooth transport and lock into position. Black. Balls sold separately.

S-730026 $370.00

2 MEDICINE BALLS RACKS

- Black steel frame
- Holds up to 5 or 10 medicine balls
- Balls not included

S-730020 Single Sided $95.00
S-730022 Double Sided $155.00

1

2

WALL-MOUNTED MEDICINE BALL RACK

Medicine balls rest securely in cradle to protect walls from smudges. Holds 5-6 medicine balls. Black. Balls sold separately.

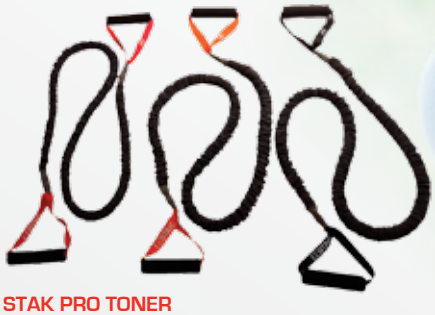
S-730024 $195.00

SOFT TOUCH MED-BALL

Soft and pliable medicine balls fit comfortably in the palm of your hand allowing you to move easily through a full range of motion when exercising. Hold one in each hand for additional resistance during upper and lower body exercises. Balls do not bounce and are not designed for throwing. Durable PVC outer shell is filled with sand. Color coded by weight; colors may vary. 1 lb – 5 lb: 5.5" in diameter. 6 lb – 10 lb: 6.5" in diameter.

S-570401	1 lb.	Pink	$17.00
S-570402	2 lb.	Yellow	$18.00
S-570403	3 lb.	Gray	$19.00
S-570404	4 lb.	Green	$21.00
S-570405	5 lb.	Blue	$22.00
S-570406	6 lb.	Black	$23.00
S-570408	8 lb.	Green	$27.00
S-570410	10 lb.	Black	$33.00

TUBING & BANDS



STAK PRO TONER

The STAK Pro Toner is functional, durable, and made from the highest quality materials. A robust sleeve protects the tubing core from pre-mature breakdown, wear, and failure in the field while providing an optimal length tension relationship.

4FT TONER

S-580021	Very Light	$14.00
S-580022	Light	$15.00
S-580023	Medium	$16.00
S-580024	Heavy	$17.00
S-580025	Very Heavy	$18.00
S-580026	Ultra Heavy	$20.00

6FT TONER

S-580033	Medium	$20.00
S-580034	Heavy	$21.00
S-580035	Very Heavy	$22.00
S-580036	Ultra Heavy	$24.00

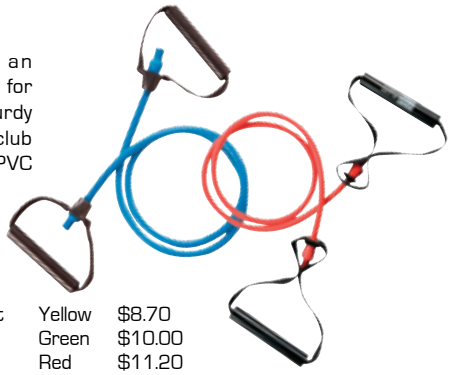
VERSA-O®

Versatile tubing system is ideal for strengthening and conditioning the upper and lower body. 10" diameter.

S-580071	Extra Light	Yellow	$6.00
S-580072	Light	Green	$6.00
S-580073	Medium	Red	$6.00
S-580074	Heavy	Blue	$7.50
S-580075	Extra Heavy	Black	$7.50

VERSA-TUBE®

Basic design at an affordable price. Ideal for personal use but sturdy enough for fitness club use! Nylon handle, PVC grip. 48"L.



S-580051	Extra Light	Yellow	$8.70
S-580052	Light	Green	$10.00
S-580053	Medium	Red	$11.20
S-580054	Heavy	Blue	$12.30
S-580055	Extra Heavy	Black	$13.60
S-580056	Ultra Heavy	Gray	$14.80

VERSA-LOOP®

Ideal for short, limited movements, the versatile Versa-Loop fits comfortably around the upper and lower legs and allows you to exercise hip and leg muscles. 12"L.

S-580061	Extra Light	Yellow	$3.50
S-580062	Light	Green	$3.70
S-580063	Medium	Red	$4.00
S-580064	Heavy	Blue	$4.40
S-580065	Extra Heavy	Black	$4.70
S-580066	Ultra Heavy	Gray	$5.00

POWER STEPPER ANKLE RESISTANCE BAND

Develop strong first-step quickness and target the hard-to-isolate inner and outer thigh muscles. Start with intermediate resistance to teach and perfect skill and then graduate to advanced and elite resistance. Each unit includes one 10" long latex tube and 2 padded ankle cuffs with Velcro straps.

S-580091	Basic	Red	$28.00
S-580092	Intermediate	Blue	$30.00
S-580093	Advanced	Black	$33.00
S-580094	Elite	Gray	$35.00

VERSA-CUFFS®

Strengthen and tone lower body with this versatile system. Padded ankle cuffs for comfort and adjustable Velcro strap fits most. 12"L , padded cuffs, Velcro straps.

S-580081	Extra Light	Yellow	$15.00
S-580082	Light	Green	$16.00
S-580083	Medium	Red	$17.00
S-580084	Heavy	Blue	$18.00
S-580085	Extra Heavy	Black	$19.00
S-580086	Ultra Heavy	Black	$21.00

SECURE WALL-MOUNTED RACK

Holds up to 24 belts on 4 arms. Bolts to wall (mounting hardware and lock not included). Store jump ropes, tubes, belts on 4 arms. Removable solid steel locking bar slides through all 4 arms to keep belts secure. 26" W. Arms: 13" L.

S-730092 $180.00

WALL-MOUNTED RACK

Wall-Mounted Rack for Belts, Tubing, or Jump Ropes. Stores 140 standard jump ropes on 4 posts. Bolts to wall (mounting hardware not included). Resistance tubes, jump ropes, or belts sold separately. Black. 26" W. Posts: 6".

S-730090 $68.00

THERA-BAND

Exercise bands allow you to perform resistive exercises. They come in different thickness levels to allow you to change the resistance for a particular exercise and to accommodate users with varying levels of strength. The thickness of the band determines its resistance level. Width: 5.5"

6 YARDS

S-580600	Extra Thin	Tan	$16.00
S-580601	Thin	Yellow	$17.00
S-580602	Medium	Red	$18.00
S-580603	Heavy	Green	$19.00
S-580604	Extra Heavy	Blue	$21.00

50 YARDS ROLL

S-580650	Extra Thin	Tan	$89.00
S-580651	Thin	Yellow	$94.00
S-580652	Medium	Red	$99.00
S-580653	Heavy	Green	$109.00
S-580654	Extra Heavy	Blue	$119.00
S-580655	Special Heavy	Black	$129.00

RESISTANCE BAND TRAINING

Flat bands allow for multiple variables to be integrated into your program, with all types of clientele. Anytime, anywhere, any intensity training tool on its own or to compliment dead weight training. Nothing enhances your value like a tool that is so versatile. Band Man approved for maximum support to your programming. Ask about RBT certification and educational support! Price per unit.

S-580530	Orange - Micro - X-Small Band / each	$10.00
S-580531	Red - Mini - Small Band / each	$16.00
S-580532	Black - Monster Mini - Medium Band / each	$22.00
S-580533	Purple - Light - Large Band / each	$30.00
S-580534	Green - Average - X-Large Band / each	$36.00
S-580535	Blue - Strong - XX-Large Band / each	$48.00
S-580536	Grey-Super Strong - XXX-Large Band / each	$62.00
S-580537	Large Black - Mega Strong Band / each	$69.00

BAND UTILITY STRAPS

Band utility strap that turns your simple resistance band into a multi-purpose resistive training device. Total length 50 inches.

S-580520 $22.00

LINK STRAPS

The Link Strap is designed to eliminate having to link bands together and more importantly unlink them after training.

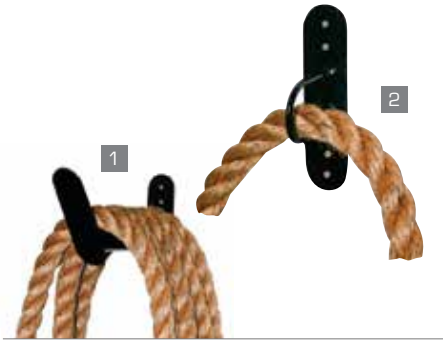
S-580525 $6.00

PAIR OF HANDLES

Pair of training handles designed to be used with orange, red, black and purple level bands. Handle - 6 inches long by 3/4 inch diameter heavy duty PVC.

S-580515 $34.00

TRAINING ROPES



POWER TRAINING ROPE

Nothing works the body for developing power and explosiveness quite like rope training. Various lengths and diameters push your stamina, grip strength and overall conditioning like no other. Find out what all of the excitement is about. Start rope training!

BLACK

S-595000	30' x 1.5"	$150.00
S-595002	30' x 2"	$220.00
S-595004	50' x 1.5"	$210.00
S-595006	50' x 2"	$340.00

1 ROPE HANGER

Keep your training ropes out of the way and protected with the Rope Hanger. The heavy-duty design will hold up to a 50' rope. Does not include mounting hardware. Black. 10.5"T x 2.5"W x 14"D.

S-730250 $39.00

2 ROPE ANCHOR

Securely hold your training rope in place during workouts with the wall mounted Rope Anchor. Simply mount it and get to work! Does not include mounting hardware. Black. 10"T x 2.5"W x 4.5"D.

S-595010 $32.00

CLIMBING ROPES

Rope climbing exercises have long been a measure of an athlete's upper body strength and endurance. Available in two different lengths, these gym climbing ropes are designed for indoor/outdoor use with no mounting bracket required.

Specifications:

- Material: Durable Manila
- Braided Eyelet - No mounting bracket required
- Bottom has a poly boot cover to deter unraveling.
- Diameter: 1.5 inches
- Rope Length Options: 18', 24'

Note: Climbing ropes must be anchored to a smooth, round surface.

Manila Climbing Ropes/Braided Eyelet

S-430118	18'	$130.00
S-430124	24'	$159.00

BODY WEIGHT TRAINING

AXIS GYM RINGS

Gym ring training is incredibly popular among fitness enthusiasts and trainers due to the functional and versatile exercises possible in a variety of settings. Axis Gym Rings are portable, lightweight and compact, and feature a unique endoskeleton ring design with sandblast-like texture. 15ft blacks traps are fully adjustable, high strength polyester with steel cam buckle. Rings are 30mm / 1.188 in thick.

S-520000 Black $85.00
S-520001 Red $85.00

PULL-UP HANDLES

Train stabilizer muscles as well as primary muscles with these movable handles. Unlike traditional lat pull-down and chin-up bars, these solid steel handles have a revolving grip. Adjust the spacing between the handles for a wider or more narrow grip. Can be hooked to most rack systems. Silver/Black. 15" L x 6"W

S-520014 $61.00

HANGING AB STRAPS

Nylon with foam padded arm slings 8" wide and 1/2" thick for greater comfort and support. For use in conjunction with a standard chin up bar for greater ab and oblique isolation when performing leg lifts. Carabiner clip closure.

S-520010 $49.00

PREMIUM ANKLE WEIGHTS

Add or remove weight without taking them off. These ankle weights have external pockets, so you can adjust the weight to suit your needs. Adjustable Velcro closures ensure a secure fit. One size fits most. Removable weights included. Black.

S-520050	5 lb.	Pair (2.5 lb ea.)	$40.00/pair
S-520051	10 lb.	Pair (5 lb ea.)	$47.00/pair
S-520052	20 lb.	Pair (10 lb ea.)	$74.00/pair
S-520053	20 lb.	Single	$67.00

CHIN-UP BAR

Wide solid steel chin-up bar provides plenty of room for various grip widths. Bolts to wall (hardware not included). Assembly required. Steel. Black. 49.5"L x 16"W x 16"H

S-520012 $225.00

PUSH-UP BARS

No more slipping from sweaty hands. Handles have 1/4" heavy neoprene padding to keep your hands comfortable. Neoprene coating on bottom reduces movement, so you can perform many variations of push-ups. Assembly required. Black/Gray. 9.5"L x 5.75"W x 5.75"H

S-520018 $23.00

LEBERT EQUALIZER™

Simplify your exercise routine, and conquer your fitness goals with the LEBERT EQUALIZER Total Body Strengthener™. The Lebert Equalizer™ is a simple, portable, yet multi-purpose and versatile piece of strength training equipment that works arms, chest, back and core muscles like no other can, using your own body weight as resistance. Includes 2 Lebert Equalizer™ bars, instructional DVD, laminated poster.

S-520100	Yellow	$109.00
S-520103	Pink	$109.00
S-520105	Lime	$109.00
S-520110	Black (3in tailler)	$130.00

LEBERT BUDDY SYSTEM™

The Lebert Buddy System™ works many muscles at once, work the core, provide stability training, extend sets with variable and instant tensions changes, and a little bit of friendly competition- all at the same time!

S-520130	Black	$109.00
S-520133	Pink	$109.00
S-520135	Lime	$109.00

VERSAFIT® BELT

Adjusts in 1 lb increments! The external pockets of this weighted belt let you quickly add or remove weights without having to take off the belt. Adjustable Velcro closures ensure a secure fit. 10 lb. belt includes 10-1 lb. flexible weights; 20 lb. belt includes 20-1 lb. flexible weights. Fits waist sizes 30" to 46". Black.

S-520020	10 lb.	$52.00
S-520022	20 lb.	$69.00

VERSAFIT® LOG

New and improved design! VersaFit® Log provides a challenging alternative to traditional strength training. VersaFit® Logs have multiple handles and Velcro straps that allow you to vary exercise focus and function by gripping the bag in different ways. Versa Fit Log enhances balance, plyometric training, and rotational movements. Use for Olympic chops, and throws. Can be used indoors or outdoors. Black. 23" x 8" diam

S-520041	10 lb.	$142.00
S-520042	20 lb.	$154.00
S-520043	30 lb.	$161.00
S-520044	40 lb.	$173.00
S-520045	50 lb.	$192.00

VERSAFIT® VEST

This padded nylon vest comes with removable sand-filled weight bags, so you can quickly customize resistance. Easily add or remove bags to customize overall weight to suit specific training needs. Use for plyometric drills, bodyweight exercises, and more. Black.

S-520024	10 lb.	Incl. 10 x 1 lb.	Chest: 28" - 48"	$99.00
S-520026	20 lb.	Incl. 20 x 1 lb.	Chest: 32" - 56"	$120.00
S-520028	40 lb.	Incl. 20 x 2 lb.	Chest: 34" - 62"	$160.00

INFINITY VEST

Improve your strength and overall fitness with the comfortable, form fitting Infinity vest. Add resistance to your bodyweight training, jogging, jumping or other fitness activities without hindering range of motion! The breathable design offers adjustable quick release buckles, reflective stripes and a secure pocket for your phone or mp3 player. One size fits most.

S-520030	6 lb.	Blue	$74.00
S-520032	10 lb.	Black	$86.00

TRX® COMMERCIAL SUSPENSION TRAINER™

Designed for high use environments, the TRX Club Suspension Trainer incorporates molded rubber constructed to meet the demands of high-volume usage in commercial environments. Includes commercial-grade rubber handles, a DuPont® Kevlar® Equalizer Loop, quick-adjust steel barrel-locks, Xtender Strap and a locking carabiner to deter theft. 1-year limited commercial warranty.

S-590000 $199.00

TRX® PRO SUSPENSION TRAINING® KIT

TRX® Pro Suspension Training® Kit is the best tool for professional trainers, designed with durability and safety so your clients get results anywhere. This Kit features the strongest, most durable Suspension Trainer we've ever built, a trainer-specific instructional video and workout cards to grow your business and get results for your clients.

S-590010 $249.00

TRX® FORCE® KIT: TACTICAL

This Kit features our toughest, lightest Suspension Trainer, the 12-week TRX® Tactical Conditioning Program and now includes the new ultra-enhanced TRX® FORCE® Super App that's loaded with critical updates and added features.

S-590015 $299.00

TRX® HOME SUSPENSION TRAINING® KIT

Train every major muscle group with this home training system. Kit includes quick set-up guide, door anchor attachment for indoor training, suspension anchor for outdoor use and access to six digital workout videos. Foam grip handles for comfort. 1-year limited non-commercial warranty. Warranty is void if used in a gym or professional facility.

S-590020 $199.00

TRX® S-FRAME™

TRX® S-Frame™ provides the perfect anchoring solution for your TRX Training, hybrid workouts and small group training needs. Combine this S-Frame with the extensive programming and education offerings from TRX to help generate more non-dues revenue than ever before. Free-standing system is available in two models: Standard (8' 3" tall) or Elevated (9' tall). Elevated option includes built-in monkey bars. Every frame includes integrated Hammer and Dip bars and welded attachment points for heavy bags, bands and ropes. Commercial grade steel construction designed for indoor or outdoor training.

CALL US FOR PRICING

TRX® MULTIMOUNT™

The TRX® MultiMount™ is a sturdy, industrial-grade steel, wall mounted pull-up bar. It enables you to expand small group training volume, maximize space savings, provide more room for pull-ups and muscle-ups, and make more money for your club. With size options from 7 to 21 feet and the capacity to support up to 9 TRX Suspension Trainers, the TRX® MultiMount™ is the perfect way to integrate TRX Training into your facility. Includes installation instructions and safety guidelines. Professional installation is recommended.

CALL US FOR PRICING

TRX® – X MOUNT

The TRX® X Mount is a small and sturdy piece of hardware that provides an easy anchor point for your TRX® Suspension Trainer. Measuring just 4.5" in diameter, this high quality steel plate easily attaches to any wall, vertical stud or secure overhead beam and supports all TRX® Suspension Trainer models.

S-590202 $39.00

TRX® - X TENDER

TRX® X Tender gives you extra length and security when you want to attach your TRX® Suspension Trainer to high anchor points or thick vertical anchor points. The TRX® X Tender is 37" in length. For greater lengths, simply join two or more X Tender together.

S-590204 $15.00

TRX® DOOR ANCHOR

The TRX® Door Anchor accessory allows you to easily anchor your TRX® Suspension Trainer to any sturdy door frame and train. The TRX® Door Anchor provides an anchor point for your Suspension Trainer by easily attaching to any solid door, providing 100% sturdy support that won't scratch or damage paint or wood.

S-590200 $25.00

TRX® RIP™ TRAINER BASIC KIT

The essential kit for anyone looking to start their own TRX Rip™ Training program. It includes a Rip™ Trainer with a medium resistance cord, Basic Training DVD, full color reference guide, foam door anchor and nylon carrying bag. This kit has everything you need to build dynamic, full body strength and power. Innovative lever bar and resistance cord system yields a variable, asymmetric load. Secures quickly to any secure anchor point. Includes medium resistance cord, carry bag, basic training DVD, user guide, carabiner, safety strap and door anchor.

S-590100	Basic Kit	$199.00
S-590105	Light Cord (15 lb)	$19.00
S-590106	Medium Cord (20 lb)	$21.00
S-590107	Heavy Cord (25 lb)	$23.00
S-590108	Extra Heavy Cord (38 lb)	$25.00
S-590109	XX-Heavy Cord (50 lb)	$27.00

TRX® RIP™ GROUP TRAINING STATION & BUNDLE PACK

TRX® Rip™ Group Training Station allows you to attract and retain members with Rip Training group programs in your facility. It's made of high-grade steel and accommodates up to 10 users, indoors or outdoors. Includes wheels for easy portability and collapses for convenient storage. Stand weights 100 lb and can be loaded with tradition weight plates to increase stability. Assembly is required. Rip™ Group Training Bundle offers a complete setup to start training tomorrow. Includes Rip™ Group Training Station, 10 TRX® Rip™ Trainers, and TRX® Banner.

S-590115	Rip™ Group Training Station	CALL US FOR PRICING
S-590120	Rip™ Group Training Station Bundle	CALL US FOR PRICING

TRX® RIP™ TRAINER STAND & BUNDLE PACK

The Rip™ Trainer Stand provides convenient access and storage for up to five Rip Trainers on the fitness floor. Constructed of powder-coated, commercial grade steel. Rip™ Trainer sold separately. Rip™ Personal Training Bundles offer a complete setup to start training tomorrow. IncludesRip™ Trainer Stand and 5 TRX Rip Trainers.

S-590110	Personal Trainer Bundle	CALL US FOR PRICING
S-730270	Trainer Stand	CALL US FOR PRICING

total gym®

FUNCTIONAL BODYWEIGHT TRAINING

Total Gym has been teaching fitness enthusiasts, coaches, athletes, clinicians and fitness professionals how to train functionally since 1974!

Total Gym meets the needs of our commercial fitness customers with world class equipment and education. Total Gym products are designed to support the requirements of heavy use facilities while supporting the most current exercise philosophies of functional training and using the exerciser's own body weight for resistance.

GTS

Provides for a full-body, intense workout in 30-minutes without the use of any additional accessories. Quick and easy transitions between exercises facilitate a fast-paced cardio-strength workout that delivers observable body-shaping results–in a commercial facility or in your home. Total Gym GTS is the award-winning equipment anchor for GRAVITY, the time-efficient, personal training, group fitness and Pilates program that is generating excitement and variety in commercial facilities around the world.

TG5200-01 CALL US FOR PRICING

GRAVITY FORMATION

STAK FITNESS AND TOTAL GYM HAVE PARTNERED TO PROVIDE THE VERY BEST IN IMPLEMENTATION PLANS FOR YOUR SMALL GROUP TRAINING NEEDS.

Total Gym's Education has been refined in thousands of facilities around the world, so you get the most for your members and your bottom line.

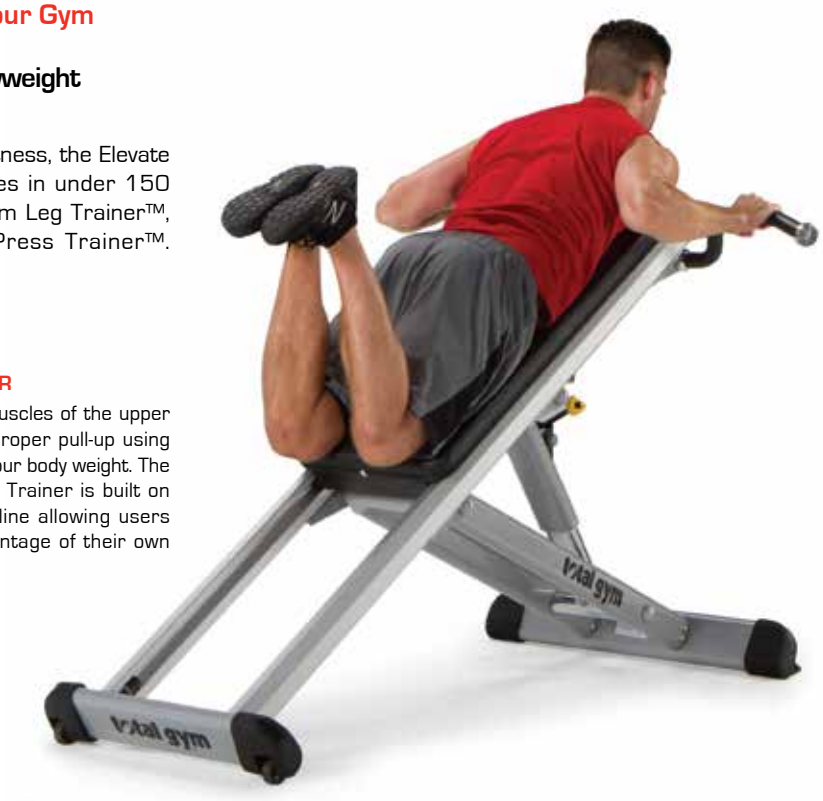
Allow STAK to customize an education plan for you as part of your Total Gym equipment.

TOTAL GYM® ELEVATE™ LINE

Bring a NEW Total Body Workout to Your Gym

Total Gym® introduces the first line of bodyweight resistance single-station machines.

Simple, intuitive and challenging for all levels of fitness, the Elevate Line features four pieces and over 40 exercises in under 150 square feet: Total Gym Core Trainer™, Total Gym Leg Trainer™, Total Gym Pull-up Trainer™ and Total Gym Press Trainer™.



PULL-UP TRAINER

Strengthen the muscles of the upper body by doing a proper pull-up using only a portion of your body weight. The Total Gym Pull-up Trainer is built on an adjustable incline allowing users to select a percentage of their own bodyweight to pull.

TG5800-01

PRESS TRAINER

A totally new way to do a shoulder press. The Press Trainer places users in an inverted position, unloading the lower back and reducing spinal compression. Seven adjustable levels.

TG5850-01

LEG TRAINER

The Total Gym Leg Trainer engages all the muscles of the leg simultaneously for an efficient and effective lower body workout. Exceptionally versatile, it facilitates a forward, backward and side lunge.

TG5750-01

CORE TRAINER

Total Gym Core Trainer strengthens the abdominals while engaging the entire core musculature. Offering unparalleled versatility for an abdominal machine, it allows for two primary movements – the Dynamic Plank and the SCRUNCH.

TG5700-01

BALANCE & CORE

VERSA DISC

Incorporate this 13.5" diameter air-filled disc when doing balance-based exercises. Enhance balance and functional training by incorporating 2 discs. Red Soft PVC. 13.5" diam. x 2.5"H.

S-420128 $28.00

1 2

1 **VERSADISC PRO**

More stability challenges! This 17.5" diam. disc offers the same great benefits as the VersaDisc® but it is wide enough for you to stand on with both feet. Soft PVC. 17.5" diam x 6"H.

S-420125 $45.00

2 **CORDISC**

Our largest inflatable disc! Extra-large 24" diameter disc offers versatility by maximizing total-body balance training for beginners as well as advanced users.

S-420120 $68.00

VERSASTEPS

Use in balance training, group classes, mind and body, rehab, and youth or senior programming. Textured surface helps keep feet from slipping during exercise. Includes carry bag. Soft PVC. Colors may vary. 6.5" diam. x 3.5"H. Ships inflated.

S-420140 $59.00

VERSABALANCE BOARD

Versatile 2-in-1 balance board lets you select between 2 degrees of difficulty to target any skill level, making it perfect for group settings! Height adjusts quickly and easily from 2.25" to 3.5" with a pop-on adapter. Notches around edge allow you to incorporate tubing. 16.5" diam. High-quality PVC. Black.

S-420100 $44.00

BALANCE BOARD KIT

Include 3 wobble board, 1 rocker board and 1 stand. The rocker board moves in one direction for beginners. The Wobble boards move in multiple planes for intermediate to advance users.

S-420105 $115.00

CORE ROLLER

Build firmer and stronger ABS. Extra-wide single wheel with ergonomic handles lets you perform roll-outs, inch worms, lat/diagonal pulls, and rolling planks. Textured, molded plastic wheel. Wheel: 2-1/8"W x 7" diam. Handles: 4.25"L. Assembly required.

S-420160 $16.00

1 **ABMAT®**

A safe, comfortable design contoured to your lower back to provide support and to help prevent injury. No more balancing! The basic AbMat® with instruction manual Color: Silver

S-420150 $36.00

2 **ABMAT® PRO**

A thermoformed molded ABMAT® made of anti-microbial vinyl. Offering the same shape and level of comfort as the Original ABMAT® with a new modern design. Color: Silver

S-420152 $34.00

1 **VERSABALANCE LOG**

Use the flat side down for a more stable surface or rounded side down for a more unstable and challenging surface. Durable EVA foam construction.

S-420144 $74.00

2 **VERSABALANCE PAD**

Soft foam provides balance and proprioceptive challenge to any workout. Perform a variety of exercises such as push-ups, squats, lunges, and one- and two-legged balance movements. Do not stand on while wearing shoes. 19"L x 15"W x 2"H.

S-420148 $68.00

BOSU PRO - COMMERCIAL

BOSU Balance Trainer has a professionnal grade construction designed for facilities and personal trainers. Includes foot pump and instructions. One year commercial warranty.

S-420000 $199.00

BOSU® BALLAST® BALL PRO

Weighted stability ball! Lift it, shift it, shake it together the ball and the weighted material create dynamic resistance and audible feedback. With 2.5 lb. of unstable weight inside it, this stability ball won't roll away when you're exercising.

S-420015 $70.00

BOSU FOR "HOME"

Get the same great BOSU® workout that you're used to in the gym in the comfort of your home. Workout DVD included.

S-420010 $139.00

BOSU® STORAGE CARTS

1 Small rack for BOSU® stores up to 8 BOSU® Balance Trainers.

S-730012 $230.00

2 BOSU® Storage Cart stores up to 14 BOSU® Balance Trainers, helping facilities conserve valuable floor space.

S-730010 $280.00

Racks feature locking casters and fits through standard doorways. Assembly required. Welded steel construction. Gray

1

2

STABILITY BALLS

STABILITY BALL PRO

When you need firm support, choose the New Stability Ball Pro. It's designed for dynamic workouts that incorporate high levels of resistance. With a burst resistant rating of over 900 lb, Pro Anti-Burst Stability Ball are a great way to improve balance and core fitness.

	SIZE	RECOMMENDED USER	COLOR	
S-425155	55 cm	5'0" to 5'8"	Slate	$32.00
S-425165	65 cm	5'8" to 6'2"	Dark Red	$36.00
S-425175	75 cm	6'2" and up	Silver	$40.00

BUYING TIP

STABILITY BALLS ALSO KNOWN AS GYM BALLS, OR SWISS BALLS ARE MADE FOR DIFFERENT USAGE. THE MORE EXPENSIVE VERSIONS ACCOMMODATE HEAVIER LOADS.

STANDARD GYM BALL ANTIBURST

Ideal to tone specific muscle groups and improve flexibility. An excellent workout tool for staying toned and in shape, this Gymball Antiburst is a great training equipment.

	SIZE	RECOMMENDED USER	COLOR	
S-425145	45 cm	4'6" to 5'0"	Sunrise Gold	$29.00
S-425055	55 cm	5'0" to 5'8"	Blue	$20.00
S-425065	65 cm	5'8" to 6'2"	Red	$22.00
S-425075	75 cm	6'2" and up	Yellow	$25.00

EXERCISE BALL CHAIR

Ergonomic seating system combines the core strengthening benefits of the stability ball and the convenience of a rolling base into the Ball Chair. This attractive chair promotes active sitting while strengthening the back. It can be used without the back rest. Includes 50 cm ball and air pump. Assembly required. Dark Gray. 22"L x 22"W x 31"H.

S-425195 $125.00

BALL BASE

Provides added stability for beginners by keeping the ball stationary while allowing advanced users to perform more challenging movements. Large base is notched so resistance bands and tubes can be used. Black. Stability ball sold separately.

S-425190	Stability ball: 30 cm to 55 cm	$24.00
S-425191	Stability ball: 65 cm to 85 cm	$29.00

BALL STORAGE STACKERS

Stackers are a convenient way to store stability balls. Fasten each stacker with its Velcro attachment to form a circular stacking ring. Stackers adjust to hold 45 cm to 75 cm balls. Pliable PVC. Clear. 52"L x 6"H (unfastened). Balls sold separately.

S-730040 Ring only $10.00
S-730042 Set of 3 rings $29.00

PREMIUM STABILITY BALL RACK

Holds 3 stability balls on 9" diameter rings. Top level holds balls up to 85 cm; other levels hold balls up to 65 cm. Tubular steel frame with metal rings. Assembly required. White. 63"H x 20"W. Balls sold separately.

S-730044 $245.00

STABILITY BALL WALL STORAGE RACK

Keep your stability balls off the floor when not in use. Holds up to 4 stability balls. Wall-mounted design provides easy access. Hard PVC tubing with cable wall attachments. Assembly required (mounting hardware not included). Gray. Balls sold separately. Dimensions: 105" length x 21" width.

S-730046 $80.00

HAND AIR PUMP

This pump works well for larger inflation jobs of multiple balls and other exercise equipment.

S-425200 $39.00

MINI ELECTRIC AIR PUMP

Mini-Electric Pump inflates multiple balls at a rate of 35L/min and delivers up to 100 PSI.

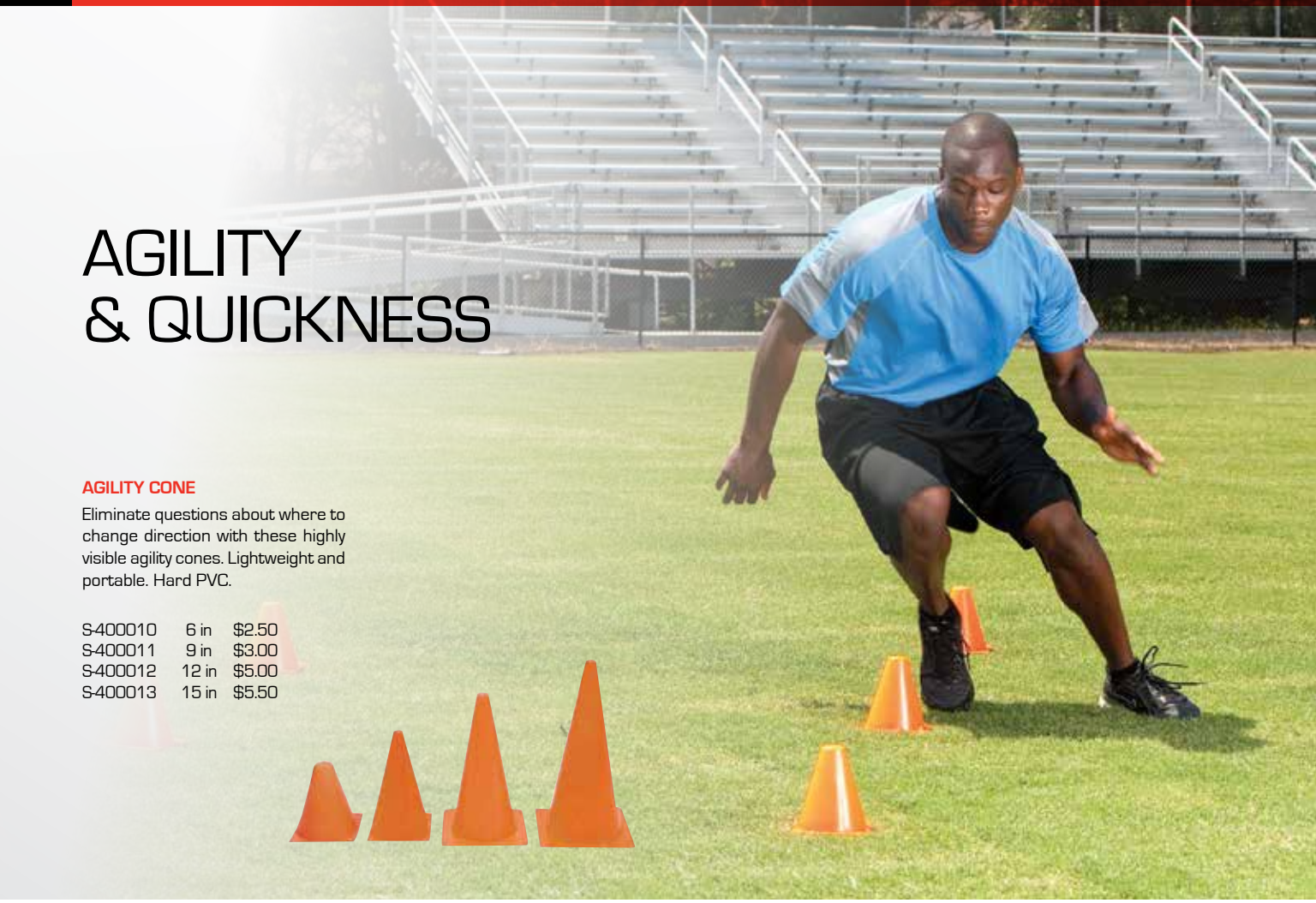
S-425201 $170.00

STABILITY BALL STORAGE RACK

Free-standing stability ball racks keeps your exercise area safe and organized. Lightweight and sturdy. Hard PVC tubing. Assembly required. Gray. Balls sold separately.

S-730050	8 balls	54"L x 18"W x 82"H	$205.00
S-730051	8 balls with caster	54"L x 18"W x 82"H	$235.00
S-730052	12 balls	107"L x 18"W x 56"H	$240.00
S-730053	12 balls with caster	107"L x 18"W x 56"H	$270.00
S-730054	16 balls	107"L x 18"W x 82"H	$320.00
S-730055	16 balls with caster	107"L x 18"W x 82"H	$355.00

AGILITY & QUICKNESS



AGILITY CONE

Eliminate questions about where to change direction with these highly visible agility cones. Lightweight and portable. Hard PVC.

S-400010	6 in	$2.50
S-400011	9 in	$3.00
S-400012	12 in	$5.00
S-400013	15 in	$5.50

SOFT AGILITY CONES

Extremely durable cones return to original shape when stepped on. Soft PVC. Orange with black base.

S-400020	6 in	$7.00
S-400021	9 in	$8.50
S-400022	12 in	$11.00

STEP HURDLES

Made from high-impact PVC tubing, making them both light and portable.

S-400030	6 in	$13.00
S-400031	12 in	$14.00
S-400032	18 in	$20.00
S-400034	24 in	$24.00

CARRY STRAP FOR STEP HURDLES

The Carry Strap for Step Hurdles securely holds up to 24 hurdles, making transporting and storing them easier.

S-400036 $11.00

VERSASTEP HURDLE

Pliable design makes the VersaStep Hurdle more user friendly than a traditional hurdle because they help eliminate the need to keep resetting hurdles. Soft PVC. - 18"W. Orange with black base. Sold individually.

S-400040 6 in $17.00
S-400042 12 in $19.00

CONE HURDLE SET

Perform forward, backward, and lateral training runs and jumps. Ideal for agility, speed, and plyometrics. Adjust hurdle height from 4" to 26" in 2" increments to target specific training goals for any athlete. Set of 4

S-400050 $154.00

AGILITY RINGS SET

Position these rings in custom training patterns to develop foot speed, agility, overall coordination, and mental focus. Set includes a dozen 1/4" thick rings, 12 PVC clips, and a carry bag. 19" diam.

S-400075 $85.00

INDOOR AGILITY RINGS

Position these rings in custom training patterns to develop foot speed, agility, overall coordination, and mental focus. Set of 12. 1/16" thick, 19" diameter.

S-400065 $44.00

SHORT CONE SET

Basic markers at an affordable price. Made of strong, pliable PVC, cones resist damage from direct foot strikes. Use indoors or outdoors. Set includes 40 cones (10 of each color) and stacking pin. Dimensions: 7" diam. x 4.5"H.

S-400000 $60.00

AGILITY DOMES SET

Use agility markers for multiple cut drills where athletes need to get low to the ground and touch the marker. Multiple colors provide high visibility and cues for change of direction. Set includes 40 domes (10 of each color) and stacking carry handle. 7" diam. x 3"H.

S-400005 $79.00

PRO AGILITY POLE SET

Prompt athletes to make quick, deliberate cuts while still being in position to make a play. Poles require athletes to maintain an athletic position while maneuvering. Set includes 6 bases and 12 pole units and a carry bag. Assembly required. Yellow poles 60"L with black bases.

S-400055 $175.00

AGILITY DOTS SET

These nonslip dots make excellent targets for training sport-specific movements that require technical footwork patterns. Combine multiple sets to create challenging patterns that develop foot speed, coordination, balance, and mental focus. Set includes a dozen 10" diam. multicolored dots.

S-400085 $49.00

REACTION BELT

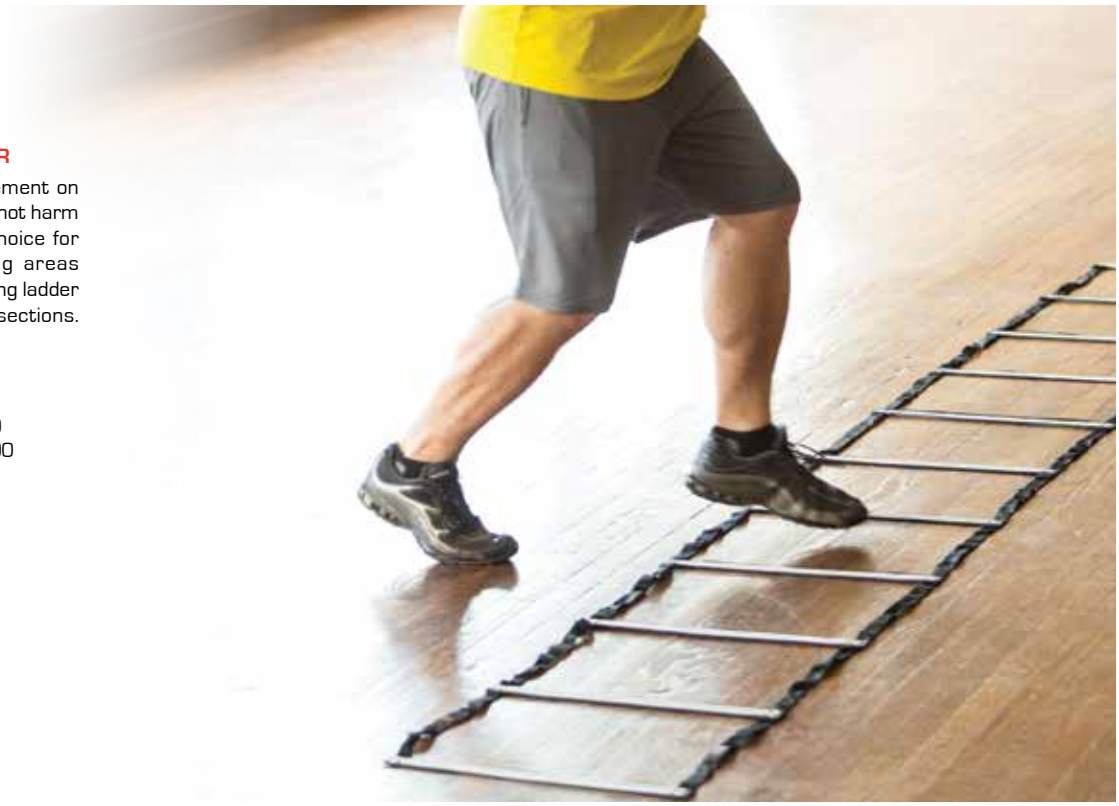
Short Belt with its shorter leads forces an even quicker reaction than the Long Belt and is also ideal for indoor use. Long: 2 belts with 60" nylon tail. Short: 2 belts with 24" nylon tail. Both belts accommodate any waist size. Black.

S-400100 60" $19.00
S-400101 24" $16.00

REFLEX BALLS

The unpredictable bounce of these rubber balls forces athletes to make split-second decisions in order to catch the balls.

S-400150 Small $11.00
S-400152 Jumbo $14.00



INDOOR AGILITY LADDER

This ladder resists movement on smooth surfaces and will not harm floors, making it a top choice for indoor use. 10 stepping areas measure 18" each. 30' long ladder separates into two 15' sections. Includes carry bag.

S-4000200 15 ft $74.00
S-4000202 30 ft $130.00

IMPULSE AGILITY LADDER

A 5-section agility ladder set up a variety of footwork patterns using 5 different ladder sections. Each section has fixed round rungs set at 20" intervals that provide instant feedback to athletes. Configure sections to promote forward, backward, and lateral movements in the same agility training run. Ladders roll easily for storage and transport. 10' section with 8 rungs, 9' section with 7 rungs, 8' section with 7 rungs, and two 5' sections with 4 rungs. All sections are 20"W.

S-400220 $85.00

AGILITY LADDER

Develop rapid, precise foot strikes and focus. Fixed round rungs save set-up time and withstand abuse from cleats and other turf shoes. 30' ladder separates into two 15' sections. 15' ladder has PVC clips to connect to other units for a customized length; connect 2 or more end to end for super-long drills. Use indoors or outdoors. Includes carry bag. 30'L x 20"W ladder has 18 rungs. 15'L x 20"W ladder has 9 rungs.

S-400210 15 ft $54.00
S-400212 30 ft $92.00

SPEED

DUAL RESISTANCE HARNESS

Dual Resistance Harness for speed, stride power, and leg strength training! This harness lets you change running positions without removing belts. 1-piece harness has two 3" wide waist belts connected by a 9' nylon strap. Waist belts accommodate up to 48" waists and rest securely over the hips. Black.

S-460014 $49.00

POWER HARNESS

Increase the rate of force production and develop maximum leg drive for improved acceleration. This harness system uses partner-controlled resistance. It's suitable for short sprints, lateral shuffles, and explosive forward and backward movements. The Power Harness™ with Standard Waist Belt consists of a standard waist belt with a D-ring attachment that fits waist sizes 30" to 40". Also included are a padded tubular steel handle and a 10' nylon lead. The Power Harness™ with Shoulder Harness consists of a shoulder harness with two D-rings that fits up to a 56" chest. Also included are a padded tubular steel handle and a 10' nylon lead.

S-460011 Standard Waist Belt $48.00
S-460012 Shoulder Harness $59.00

LEG SPEED BUILDER

Train specific running movements using this versatile device that develops the legs, hips, and glutes. Multiple ring positions on the adjustable foot straps let you isolate and develop the muscles in the lower body. Work 1 leg or 2 at the same time. To apply resistance, secure the latex resistance tubing to a sturdy, fixed object or have a partner assist. Each 70" tube provides approximately 14 lb of resistance at 100% elongation and 20 lb at 200% elongation. Unit includes 2 adjustable foot straps with 3 attachment points, 2 tubes, and a nylon connecting strap.

S-460060 $74.00

PREDATOR BELT

Padded nylon waist belt with a sizable pad reduces cutting and discomfort during heavy resistance pulls by dissipating the force over a large surface area. 3 fixed D-rings allows attachment of leads to the back or sides so you can perform forward runs, back pedals, lateral shuffles, and other multi-directional drills. Fits up to 48" waist. Belt: 2"W. Pad: 19"L x 6"W x 1/2" thick. Red/Black.

S-460010 $49.00

POWER CHUTE

Resistance and over-speed training during the same run. Training: Increase speed, explosiveness, and acceleration. The Power Chute provides both resistance and over-speed training to improve the 2 key elements of speed: stride length and frequency. Chute opens during training runs for resistance and the Velcro belt allows for mid-stride release for over-speed training. Included: Adjustable belt with storage pockets (fits 20" to 42" waist).

S-460000	Small	15 lb.	40" x 40"	$59.00
S-460001	Medium	20 lb.	48" x 48"	$65.00
S-460002	Large	30 lb.	56" x 56"	$71.00

POWER CHUTE USER RECOMMENDATIONS

ATHLETE'S WEIGHT	BEGINNER	INTERMEDIATE	ADVANCED
Under 170 lb.	S	M	L
170 - 210 lb.	M	L	L
Over 210 lb.	L	L	L

POWER SLED

Multiple Training Options! Push it or pull it, this sled is the perfect training tool for developing explosive leg drive and improving acceleration. Build powerful hips and legs using the handles or target stride length using the belt/harness. For forward, backward, and lateral training, the waist belt provides versatility. Dual leads stabilize sled during runs. Round tubing allows for smoother slide with less damage to the field. Holds up to 180 lb. 6.25" weight post holds up to four 45 lb plates (sold separately). Includes 2 leads, shoulder harness. Red. 37"L x 18"W x 9"H.

1	S-460030	Power Sled w/Std Waist Belt & Leads	$199.00
	S-460031	Power Sled w/Shoulder Harness & Leads	$199.00
	S-460020	Std Belt & Leads Only (for sled)	$82.00
	S-460021	Shoulder Strap & Leads Only (for sled)	$82.00
2	S-460022	Handle for Power Sled	$180.00

DYNAMIC HI-LO TRAINING SLED

The Dynamic Hi-Lo sled allows multiple adjustments for different variations of sled workouts. Allowing easy adjustment from low to high push height, the High-Low sled accommodates power and speed training for users of all sizes. Features include a 14" high plate post to accommodate either traditional iron plates or Olympic bumper plates, wide stabilizing harness hooks, and beefy skid plates for long-lasting smooth push and pull resistance.

1	S-460050	Adjustable	$499.00
2	S-460051	Fixed Handle	$499.00
	S-460052	Fixed Handle/Single Hook/No Skies	$499.00

DYNAMIC SLED

The Dynamic Sled is a great way to increase explosive power and acceleration for serious athletes. A complete lower body conditioning unit, the Dynamic Sled improves leg, hip, and core strength. Three different grip positions combined with optional pavement skis combine to create a hugely versatile training system. Dimensions: 40"H x 32"W x 41"D. Customized.

1	S-460040	Sled	$499.00
2	S-460041	Sled with hard surface feet.	$549.00

PLYOMETRICS

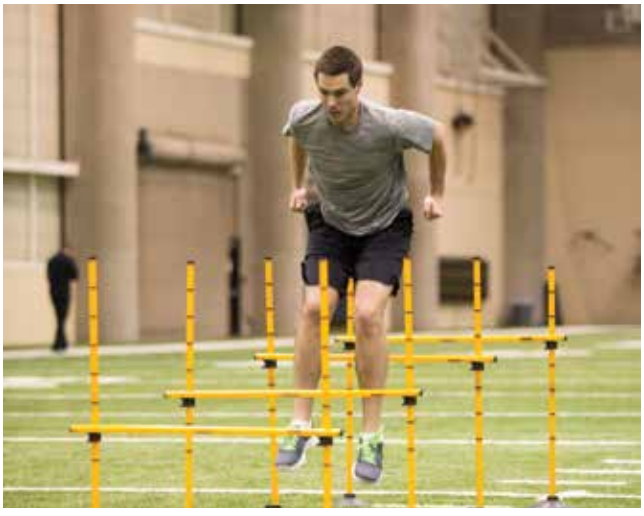
POWER HURDLES

Keep drills safe with this hurdle that collapses when hit. Height varies from 6" to 42", adjusting to 12 positions. Gateboard measures 41". Available in 3 options.

S-440500	Single Hurdle	$54.00
S-440505	Set of 4 Hurdles	$205.00
S-440515	Set of 8 Hurdles	$399.00

PLYO HURDLES SET

Posts are marked from 12" to 40" in 4" increments. Secure crossbar in or on top of the dual-clip. New molded rubber bases offer more stability. Secure crossbar in or on top of the dual-clip. Crossbar measures 40". Carry bag included. Assembly required. Set of 4.



S-440525 $215.00

ADJUSTABLE LATERAL PLYOBOX

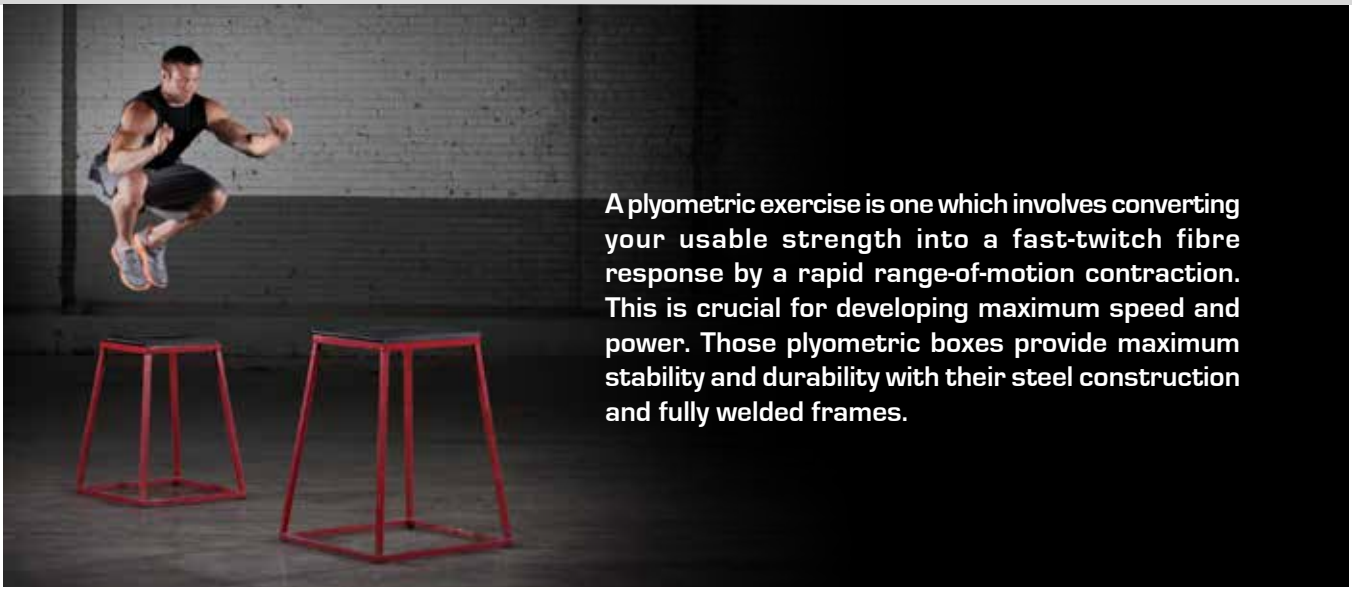
Keep your opponent off balance. Highly durable platform trains explosive lateral movements for strong and quick direction changes. Quickly adjust sides of platform to 25˚, 35˚, or 45˚ to target all muscles of the ankle, leg, and hip. Reinforced nonslip platforms provide a stable and secure contact area. Square steel construction. Assembly required. Red/Black. 84"L x 18"W.

S-440250 $470.00

PRO POWER JUMPER

Develop explosive power! Improve jump height and reaction time for better overall performance. Train with "maximal" jumps for power, repeated jumps for reaction and endurance, and lateral jumps for improved agility. Choose from the following harness options: standard waist belt, XXL waist belt, or shoulder harness (see size chart for assistance). Select regular tubing for athletes 5' 10" and under, long for those 5' 11" and over. Unit includes resistance tubing, harness or belt, and jump frame. Use indoors.

S-440600	Standard Belt & Regular Tubing	$490.00
S-440602	XXL Belt & Regular Tubing	$490.00
S-440604	Shoulder Harness & Regular Tubing	$490.00
S-440606	Long Tubing Only - 37 in.	$119.00



A plyometric exercise is one which involves converting your usable strength into a fast-twitch fibre response by a rapid range-of-motion contraction. This is crucial for developing maximum speed and power. Those plyometric boxes provide maximum stability and durability with their steel construction and fully welded frames.

"Slide out" feature allows removal of smaller units without unstacking.

	SIZES	TOP & BASE	
S-440212	12 in	22 in x 22 in	$170.00
S-440218	18 in	25 in x 25 in	$180.00
S-440224	24 in	28 in x 28 in	$190.00
S-440230	30 in	32 in x 32 in	$200.00
S-440240	SET (1 ea. 12, 18, 24, 30 in.)		$720.00

A stable square frame and a large landing area

	SIZES	TOP & BASE	
S-440112	12 in	22 in x 22 in	$180.00
S-440118	18 in	25 in x 25 in	$220.00
S-440124	24 in	28 in x 28 in	$240.00
S-440130	30 in	32 in x 32 in	$280.00
S-440150	SET (1 ea. 12, 18, 24, 30 in.)		$820.00

Nonslip platform maximizes safety. Rubber bottoms protect floor. Stackable for easy storage.

	SIZES	TOP	BASE	
S-440006	6 in	11 in x 11 in	12 in x 12 in	$130.00
S-440012	12 in	13 in x 13 in	15 in x 15 in	$140.00
S-440018	18 in	14 in x 14 in	18 in x 18 in	$160.00
S-440024	24 in	15 in x 15 in	21 in x 21 in	$180.00
S-440030	30 in	16 in x 16 in	23 in x 23 in	$200.00
S-440036	36 in	20 in x 20 in	28 in x 28 in	$220.00
S-440042	42 in	22 in x 22 in	32 in x 32 in	$250.00
S-440050	SET (1 ea. 12, 18, 24, 30 in.)			$560.00

CHERRY WOOD PLYOBOX

The STAK Plyobox is perfect for facilities that have limited space. This box features a top quality Cherry Wood construction and give you a 20", 24", and 30" plyobox in one

S-440260 $190.00

PLYO-SAFE G2 PLYO BLOCKS

Durable, stable, and impact absorbing. Made of 100% foam core, these specially designed plyo boxes have an extra-large 30" x 36" landing surface and will not break down or soften over time. Three 2" Velcro strips prevent boxes from slipping apart when stacked during use.

S-440300	Set of 5 (3, 6, 12, 18, 24 in)	$2,295.00
S-440302	Set of 3 (12, 18, 24 in)	$1,895.00

PILATES & YOGA

PILATES RING

Enhance your Pilates workout. This flexible ring with a soft foam cover and handles offer different levels of resistance for isometric exercises that will firm the muscles of the upper arms and inner thighs. Choose a resistance level appropriate to the exercise you, or your client, will be performing. Fiberglass ring, foam cover, plastic handles. 15" diam.

S-350030	Light	Purple	$24.00
S-350031	Medium	Gray	$29.00
S-350032	Firm	Black	$32.00

YOGA BLOCK

You'll appreciate that our STAK foam yoga blocks are made from a sturdy, scratch resistant foam. Using a foam block will improve form, alignment, and flexibility. Our STAK 4" Foam Block is made from sturdy, scratch resistant material that is soft and fun to touch. 9"L x 6"W x 4"T.

S-350000 $9.50

YOGA MAT

Deluxe studio quality, extra thick - 6mm. High quality, extremely durable and long-lasting. Color: Gray

S-330050 68" x 24" $24.00

YOGA STRAP 8'

Simply brilliant and brilliantly simple, this versatile strap fits any yoga mat for easy transporting. Approximately 96" long x 1.5" wide. Adjusts to accommodate a mat of any size and weight

S-350010 $9.50

REFORM BAR

This portable Pilates studio lets you perform Reformer-style movements without the machine. Use it for personal training or at home. Two 30" long resistance tubes are attached to each side of the bar, so you can perform a variety of movements using the attached Velcro adjustable cuffs. Unit carry bag for storage and on-the-go training. Bar disassembles for easy storage.

S-350040	Light	Green	$54.00
S-350042	Medium	Red	$54.00

POZ-A-BALL

Enhance traditional Pilates and yoga poses by adding the elements of strength, intensity, and balance with this inflatable ball that assits in proper alignment. Ships deflated, use included straw to inflate. Pliable PVC. 8" diam.

S-350020 Red $18.00

HANGING CLUB MAT

These comfortable mats with sponge-like feel provide excellent cushioning. They also have two reinforced rings so you can hang them on the rack and out of the way. Resists moisture and wipes clean with a damp cloth.

S-330000 6' x 2' (Thickness 12mm) $44.00

VINYL GYM MAT

Thick high-density cushion. Handle for easy movement. Wipe clean with a damp cloth.

S-330062 4' x 2' (Thickness 1in) $44.00

VINYL MAT FOR STRETCHING AREA

Made of dense polyurethane foam. Wipe clean with a damp cloth.

S-330060 6' x 4' (Thickness 2in) $140.00

WALL RACK FOR MATS

Solid wood rack with steel hangers to fit most hanging mats. 24"W x 3"H. Holds up to 8 mats.

S-730080 $19.00

WALL MOUNTED MAT RACK

The Wall-Mounted Mat Rack's wide design accommodates two 24 wide mats side-by-side, and holds up to 60 thin mats. Conveniently store pilates, and yoga mats. Black. 50in x 7in x 2in

S-730084 $115.00

ADJUSTABLE WALL RACK FOR MATS

Solid wood body with 10" steel rods. 24"W x 3"H. Width adjustable from 15" to 19.75"'. Holds up to 14 mats.

S-730082 $36.00

MAT CART

Stay organized with this movable storage unit that holds up to 120 thin mats 1/8" thick or 60 mats 1/4" thick. Wide 51" long rods support 2 mats up to 24" wide side by side. Narrow design with rounded frame and locking casters fits through standard doorways. Black. 54.5"L x 25.5"W x 48.5"H. Assembly required. Ships in 2 boxes. Mats sold separately.

S-730088 $265.00

MULTI PURPOSE STORAGE RACK

Organize and store your mats and other fitness equipment. Large rack holds mats across 3 mesh shelves and stores tubing and yoga straps on 4 end pegs. Casters for easy mobility. Constructed of 2" hard PVC. Assembly required. Gray. Club rack 75"L x 22"W x 70"H. Equipment sold separately.

S-730098 $335.00

STANDING MAT RACK

This standing rack lets you store mats vertically anywhere you choose. 10" prongs hold up to 14 mats on each side. Mats sold separately. Steel. Assembly required. Gray/Black. 30"L x 29"W x 79"H. Posts: 9.25".

S-730086 $255.00

PREVENTION & RECOVERY

TRIGGERPOINT
PERFORMANCE THERAPY

THE GRID 1.0

The GRID foam roller is for anybody who wants to move better. Use the GRID for a self-massage and roll through the tight muscles, knots and kinks that prevent feeling good and moving well. 13"L

S-310600	Black	$49.00
S-310601	Orange	$49.00
S-310602	Camo	$49.00
S-310603	Pink	$49.00
S-310604	Lime	$49.00

THE GRID X

Dense tissue needs a firmer GRID foam roller to release and relieve aches and pains. The GRID X can be used to release the calves, quadriceps, hamstrings, back and lats. 13"L

S-310610	Black	$59.00

THE GRID 2.0

The GRID 2.0 is twice as long as the GRID to accomodate larger bodies or offer a more stable surface. Use the GRID 2.0 for a self-massage and roll through the tight muscles, knots and kinks that prevent feeling good and moving well. 26"L

S-310620	Black	$78.00
S-310621	Orange	$78.00
S-310623	Pink	$78.00
S-310624	Lime	$78.00

THE GRID MINI

The GRID Mini foam roller is the most travel friendly foam roller on the market. It measures 4" long by 5.5" diameter to provide a smaller surface for targeted compression.

S-310630	Black	$28.00
S-310631	Orange	$28.00
S-310633	Pink	$28.00
S-310634	Lime	$28.00

GRID STK FOAM ROLLER

The world's first hand-held foam rollers wrapped in patent-pending GRID® 3-dimensional surface channels nutrients directly to the tissue for health and mobility. Available in two densities (regular and extra-firm "X").

S-310660	Orange	$42.00
S-310665	Black	$44.00

NANO FOOT ROLLER

Innovative foam roller specifically designed to increase flexibility and relieve minor muscular aches and pains associated to the foot. The NANO™ Foot Roller surface provides a systematic approach to blood flow by channeling nutrients directly to the tissue. Designed to mirror the feeling of a massage therapist's fingertips, the NANO™ Foot Roller is supported by our educational platform that is recognized globally for its effectiveness in the application of myofascial release.

S-310670 Orange / Nano $29.00
S-310671 Black / Nano-X $29.00

T-ROLLER

Innovative, hand-held TriggerPoint™ roller, specifically designed to relieve minor muscular aches and pains that can't be easily reached with a traditional hand-held massage product, such as the neck, arms and chest. Capped with our patent pending AcuGRIP™ handle that is uniquely designed for acute myofascial release and to mirror the benefits of our original TP Massage Ball.

S-310680 $24.00

COLD ROLLER

The Cold Roller is the most advanced recovery tool on the market. Myofascial release and cold compression combine to provide the most effective recovery and the greatest rate of return.

S-310695 $110.00

COOLPOINT

Athletic performance, pace-setting and fatigue are all guided by signals relayed between the brain and the body. Cooling the hand stimulates thermoregulation signals to the brain, which is scientifically shown to improve athletic performance and delay fatigue. The hand is the body's natural radiator. Experience the performance benefits of a real cooling strategy today!

S-310690 $22.00

MASSAGE BALL

The TP Massage Ball and TP Factor Massage Ball are a great choice for targeted relief. It's easy to apply pressure directly to the point where discomfort is felt by using the floor, wall or any hard surface to stabilize the ball. For best results, build pressure and then roll the TP Massage Ball / TP Factor Massage Ball from side to side or in circles to release knots and kinks. Great as a quick pre-workout warm up or anytime you need relief.

S-310514 TP Massage Ball $23.00
S-310516 TP Factor Massage Ball $28.00

QUADBALLER

Use the QuadBaller to release aches and pains in the quadriceps, adductors / inner quads, hamstrings and lats. The low profile and comfortable, yet firm design make it simple to release key areas of the body every day.

S-310518 $69.00

TP 2-BALL SLEEVE

Use this to couple two TP Massage Balls into a "peanut" shape to reach both sides of your spine at the same time. Easy to use on the upper, mid and lower back for targeted relief. Balls not included.

S-310520 $11.00

STARTER SET

The Starter Set includes essential Performance Therapy products to help manage and reduce aches and pains. Perfect for both novice and experienced endurance, team, fitness athletes or anyone who suffers from discomfort or limited mobility in the feet, achilles tendon, shins and other muscles throughout the lower leg,

S-310512 $79.00

PERFORMANCE HIP & LOWER BACK KIT

The Hip & Lower Back Kit provides Performance Therapy products and instruction to restore mobility in the hips and to reduce aches and pains in the lower back. It's no secret that daily activities like sitting, standing and driving all affect how we feel and move.

S-310506 $170.00

TOTAL BODY KIT

The Total Body Kit provides Performance Therapy products and comprehensive instructions to understand and activate the TriggerPoint approach to achieve and maintain natural ease of movement. Understand how the body moves to quickly implement self care as part of a daily routine.

S-310500 $190.00

PERFORMANCE KNEE KIT

Relieve knee pain with Performance Therapy products and instructions to help release the six areas that contribute to discomfort. Great for runners, athletes or anyone with minor aches and pains in the knees.

S-310508 $150.00

ULTIMATE 6 KIT

The Ultimate 6 Kit provides Performance Therapy products and instructions to restore and maintain natural ease of movement. Learn how to release the aches and pains common to runners including shin splints, runner's knee and plantar fasciitis.

S-310502 $170.00

PERFORMANCE GOLF KIT

The Performance Golf Kit is the ultimate package of Performance Therapy products to restore and maintain function in the areas of the body that have the greatest impact on a golfer's swing. Ideal for golfers or anyone who is simply experiencing aches and pains in the soleus, calf, quadriceps, psoas, piriformis, lats, pectorals and thoracic spine. This kit includes simple instruction to help you move better.

S-310504 $160.00

FOOT & LOWER LEG KIT

Ideal for runners, walkers, cyclists or anyone seeking improved mobility, this kit provides highly effective products to safely release and maintain function in the lower leg and foot. The Foot & Lower Leg Kit provides Performance Therapy products and instruction to restore and maintain a strong foundation. Learn how to compress and release the muscles of the lower leg and foot to reduce pain and improve movement.

S-310510 $120.00

STAK FOAM ROLLER

Premium STAK Foam Roller. Made of heat-sealed EVA foam to maintain shape and resist moisture and bacteria. Smoot Surface.

S-310000 6" X 36" - Full Circle $39.00
S-310002 6" X 36" - Half Circle $29.00

LEBERT STRETCH STRAP

The Lebert Stretch Strap is a simple, yet innovative tool that will assist you in reaching positions more comfortably that may have been previously not possible and, in addition, allow you to hold the stretch longer!

S-340020 $20.00

PREMIUM SLANT BOARD

4 settings! Stretch and strengthen the shins, calves, and ankles on this extra-strong steel slant board. Solid construction ensures it stays anchored during use. Board adjusts to 20, 30, 35, and 40 degrees. Steel with slip-resistant stepping surface. Accommodates men"s shoe sizes 20 and under. Size: 14"L x 14"W.

S-340000 $145.00

PRECOR STRETCH TRAINER™

Stretching is an important element of a proper warm-up and cool-down at the start and end of each workout. StretchTrainer™ enables users to prepare their bodies for a stronger and more satisfying workout and helps to prevent injury during and after exercise. Users will feel more flexible and prepared for their workouts every time.

PHFCH1010019EN CALL US FOR PRICING

ECONOMY WALL RACK FOR FOAM ROLLERS

A simple and cost effective way to store your foam rollers. This easy to assemble easy to mount rack provides storage capabilities of up to 6 foam rollers. 24"W x 47.5"T x 9"D. Black. Foam Rollers not included.

S-730070 $199.00

STUDIO FOAM ROLLER CART

The perfect foam roller storage solution for the small studio or club. The casters make a perfect solution to store and move from room to room. Gray. Foam Rollers not included.

S-730072 Holds up to 12 - 6" diameter rollers $199.00
S-730074 Holds up to 24 - 6" diameter rollers $325.00

FITNESS ASSESSMENT

POLAR helps you get more from your training. POLAR provides a combination of sport expertise, physiology and electronic tracking, coupled with a deep understanding of customer needs.

POLAR caters for all fitness levels by offering a comprehensive range of products to suit your needs, along with essential support and advice. Everything from improving sports performance to helping you and your clients enjoy a healthier lifestyle, POLAR has you covered – literally!

FT1 FITNESS HEART RATE MONITOR

Designed for beginners, this easy-to-use Polar heart rate monitor delivers basic heart rate and training data so that you can get started with your heart rate training routine – no matter what your current level of activity.

S-300400	Black	$80.00
S-300401	Blue	$80.00

FT2 FITNESS HEART RATE MONITOR

Designed for recreational exercisers who want easy access to monitoring, the Polar FT2 is the ideal heart rate monitor for those who want an easy start to developing their fitness.

S-300410	Blue	$95.00
S-300411	Black	$95.00

FT4 FITNESS HEART RATE MONITOR

The Polar FT4 heart rate monitor is the ideal training companion for anyone who wants a basic heart rate monitor that keeps things simple. With an easy-to-use design and user-friendly features, the Polar FT4 is a perfect choice for recreational exercisers or those who want to get started with heart rate training.

S-300420	Green (Women)	$130.00
S-300423	Purple (Women)	$130.00
S-300421	Silver/Black (Men)	$130.00
S-300422	Blue (Men)	$130.00

FT7 FITNESS HEART RATE MONITOR

The Polar FT-7 is a great heart rate monitor for any athlete, especially if he or she is concerned about overall fitness level. Able to distinguish between burning calories or burning fat, this Polar heart rate monitor delivers superior data so that you can train smarter to achieve your fitness goals.

S-300430	Blue/Lilac (Women)	$150.00
S-300431	Red/Orange (Women)	$150.00
S-300432	Silver/Black (Men)	$150.00
S-300433	Black/Red (Men)	$150.00

M400 WITH HEART RATE

Sports Watch with GPS for urban and trail runners who want sporty design with advanced GPS and training features, along with loads of options to keep an eye on their activity.

S-300460 Black $260.00
S-300461 White $260.00

V800 GPS SPORTS WATCH

Polar V800 for professional and devoted athletes who want to reach peak performance. Measures every training session and 24/7 daily activity. Tracks your speed, distance and route with integrated GPS

S-300480 Black $560.00
S-300482 Blue $560.00

LOOP ACTIVITY MONITOR

The Polar Loop provides a complete and accurate picture of all daily activity and underlining the importance of every movement made throughout the day—from running, cycling and weight training to cooking, taking the stairs and walking the dog.

S-300490 $120.00

H7 HEART RATE SENSOR

Hook up your fitness app or training device with Polar H7 and get live, accurate heart rate while you train. You can use Polar H7 with a number of Polar products and compatible gym equipment. Compatible with iPhone 4S and later, and with selected Android devices including Samsung Galaxy S3 and S4 using Android 4.3 or later.

S-300520 Black M-XXL $90.00
S-300521 Pink M-XXL $90.00
S-300522 Blue M-XXL $90.00

DUAL STOPWATCH

OSLO 1000W Dual Stopwatch / Countdown. The best choice in the category - a full 10 hour stopwatch and countdown timer precise to 1/100 second... 20 times more powerful than other brands. Extra large digital display, soft rubberized pushbuttons and side grips make the 1000W a pleasure to hold and operate for anyone. This level of design detail surpasses all other product in the category.

S-300200 Red $21.00
S-300201 Yellow $21.00
S-300202 Orange $21.00

DUAL SPLIT MEMORY STOPWATCH

A professional quality Stopwatch with 60 Dual Memory, Countdown Timer and Temperature Monitor. User Selectable Lap or Cum Split Timing on the top row.

S-300210 $32.00

COMPLETE TRAINER TIMER

The SC-877 offers world class timekeeping functions in a sleek and modern new form developed with comfort and ease of use in mind.

S-300220 $58.00

THREE MEMORY TIMER

Flashing LED visually signals time counting down and completion! No more fumbling around wasting time trying to reset the countdown time...the M603 stores any three (3) times you need in memory for easy access.

S-300230 $21.00

TWIN TIMERS

Dual timers allow you to time two (2) activities at once. Operate each timer independently to Count up or down. Use One timer for Game time and the other for Time-outs.

S-300240 $21.00

BRIGHT VIEW DISPLAY TIMER

Lets everyone see how much time remains... High resolution LED display can be easily seen from far away. Counts Up and Counts down for all to see! Use the convenient remote control to operate your Robic timer from a distance. 17" x 9" x 2" deep.

S-300250 $395.00

GULICK MEASUREMENT TAPE

Spring weighted end applies force to the tape measure, assuring accurate and reproducable results. Measures to 60"/150 cm.

S-300140 $24.00

TAPE MEASURE RETRACTABLE

Retractable, heavy glazed cloth tape measures 60".

S-300150 $4.00

BODY FAT ANALYZER

Analyzer measures your body fat with a gentle, micro electrical current. Two modes – athletic and normal – provide accurate results based on your exercise regiment. Delivers results in approximately seven seconds.

S-300000 $49.00

FAT LOSS MONITOR WITH SCAL

Help users monitor their overall weight while determining body-fat percentage, a true indicator of healthy weight loss–the loss of fat, not muscle and body mass index (BMI).

S-300010 $69.00

UPPER ARM BLOOD PRESSURE MONITOR

Our quick and easy model utilizes a simple one touch mode, which can store up to 14 readings at a time while still giving you an accurate reading every time you monitor.

S-300020 $75.00

VERTEC

Get accurate vertical jump measurements to the nearest 1/2". Open design allows jumps from 1 or 2 feet and facilitates dynamic approaches. Reset pole lets you adjust height of vanes to measure jumps from 6' to 12'. Stand Vertec includes two 10 lb. plates to stabilize base. Steel frame construction with rigid high-impact vanes. Assembly required. Additional shipping charges will apply.Wall-Mounted Vertec: Swings away from wall 15" in testing position and lays flat for storage against wall. Bracket easily attaches to masonry or wood (hardware not included).

1	S-300830	Stand Vertec	$895.00
2	S-300832	Wall-Moundted Vertec	$895.00

WALL MOUNTED VERTICAL JUMP TESTER

Quickly measure vertical jump and reach from 1" to 48" in 1/2" increments. Board features screened measurements for years of use and magnets for marking reach and jump height. Includes solid steel board, 48" retrieval rod, and 2 magnets.

S-300800 $170.00

FLEX-TESTER

Uses the traditional sit-and-reach protocol. Choose this model if you need to quickly test groups or individuals.

S-300120 $225.00

SCALE DUAL READING

Dual readings of weight in pounds and kilograms from back or front of scale. Dual reading height-rod measures in inches and centimeters at a glance. Capacity: 390 lb. Height rod: 23-84"

S-300130 $395.00

HAND DYNAMOMETER

A flywheel knob allows instant adjustment to any hand size. Record grasp-strength of 0 to 220 lb (0 to 100 kg).

S-300160 $255.00

SAEHAN SKINFOLD CALIPER

Caliper has spring-loaded levers and low-pressure bearings for constant pressure when measuring body composition using the Durnin Formula. Scale permits reading up to 60 mm. Cannot be calibrated

S-300100 $250.00

SKINFOLD CALIPER

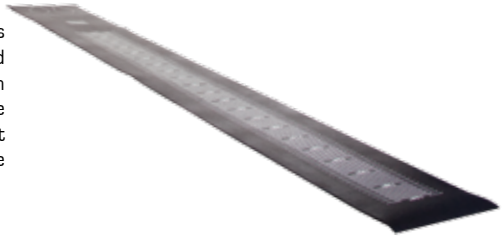
Skinfold Caliper is a precision instrument designed for use in the performance of Skinfold thickness measurements (from which estimates of body fat are derived).

S-300110 $650.00

LONG JUMP TESTER

This portable, shock-absorbing mat takes the guesswork out of testing. Clear screened markings indicate distance traveled from 24" to 144" in 1/2" increments. Made of flex rubber to cushion landing, prevent sliding, and make rolling it up for storage easy. 167"L x 22"W x 1/4" Thick.

S-300820 $395.00



GTR TURF
SYNTHETIC GRASS SPECIALISTS

Fitness areas are turning into functional fitness playgrounds.

With a playground, you need the right turf flooring to help you serve more people better. Regardless of your space or budget, STAK Fitness' collaboration with GTR allows us to customize a turf solution for your fitness area. Allow STAK to customize a Turf solution for you by contacting us immediately.

VICTORYTURF®

VictoryTurf® is a dual fibre synthetic turf system designed to provide balanced performance for multiple sports. Short nylon fibres create a Spike Zone®, which provides cushioning for the athlete and support for the taller polyethylene fibres. The taller fibres give the surface its softness and grass-like appearance. Indoors or outdoors, VictoryTurf provides optimum performance for multi-sport fields, including lacrosse, football, soccer, baseball, and field hockey.

VictoryTurf is the ideal surface for multi-sport use. The nylon Spike Zone helps trap the infill to prevent fly-out.

S-700110

Product Features:

- Low pile-height provides excellent playing characteristics for football, lacrosse, soccer, baseball and field hockey
- Can be used with or without infill
- Excellent results during vertical deformation testing signify lower levels of muscle fatigue in athletes
- Can be used with a separate pad system

RECTURF 5MM PAD

RecTurf 5mm Pad is an excellent solution for any sports application like exercise centers, batting cages, indoor sport facilities. RecTurf 5mm Pad is durably manufactured to hold up well under constant daily use. The 5 mm foam padding are highly elastic, cushions well, and yet is firm and stable enough for speedy and sure footing. Pads are highly elastic and provide great shock absorption which can help prevent injuries from tackles, trips and falls.

S-700105

CALL US FOR PRICING

PRECOR®

MATS FOR CARDIO MACHINES

It provides an additional layer of protection, helping to guard the surface of your floor or carpet. It muffles the noise and helps to absorb the vibrations.

S-700900	Climber / Bike	36" X 48" X 3/8"	$80.00
S-700901	Treadmill / Elliptical	36" X 90" X 3/8"	$130.00

EVERLAST® FITNESS FLOORING with NIKE GRIND

STAK Fitness looks for the best and most innovative products to protect our environment.

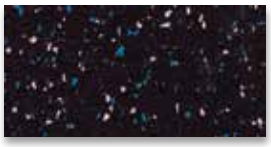
We offer a wide range from EVERLAST FITNESS FLOORING, a company where recycling meets original thinking. Since Everlast is made predominantly from recycled tires, the fitness floors that result perform in the same sense. All Everlast recycled rubber surfacing products contain Nike Grind, a premium-grade raw material made from recycled athletic shoes from the Nike Reuse-A-Shoe program and Nike manufacturing scrap.

ROLLS & TILES

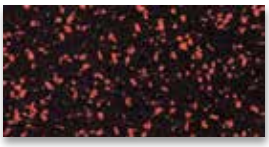
Everlast with Nike Grind roll goods mean easy and fast installation and a virtually seamless appearance. Tiles are extremely durable, portable, and easy to install. No adhesive required.

FUNDAMENTALS

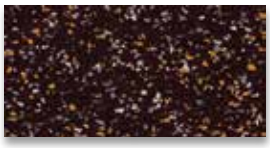
ZONE 1



ZONE 2



ZONE 3

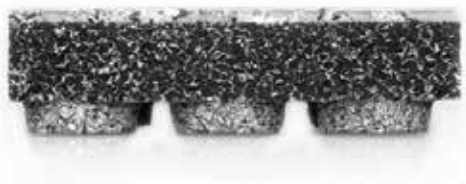


ZONE 4

ZONE 5

ULTRATILE®

Designed with a patented "Ultra" wear layer to provide unlimited design options, Everlast UltraTiles offer a new brand of visual excitement to any fitness facility or club interior.



BOUNCE

Bounce features a vinyl wear layer bonded to a recycled rubber underlayment. The result is beautiful flooring that looks like real wood, but is more economical, durable, and easier to clean. Bounce is available in a standard roll length of 30 linear feet. Custom cuts are available with a minimum roll length of 25 linear feet.

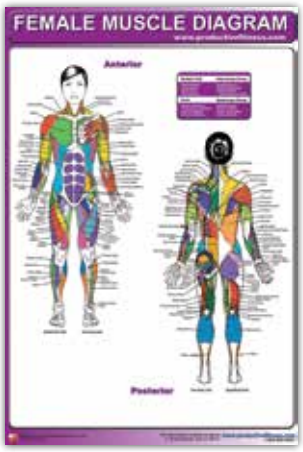
EL200 Latte

EL201 Espresso

EL202 Dark Roast

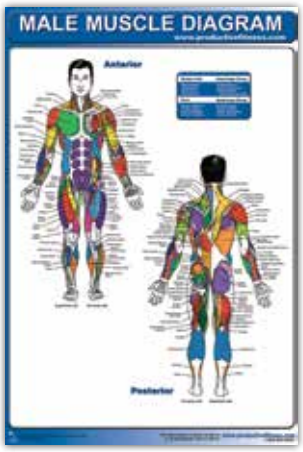
FITNESS POSTERS

$22.00 / each



FEMALE MUSCLE DIAGRAM

S-820000 English



MALE MUSCLE DIAGRAM

S-820001 English
S-820101 French

FITNESS HEART RATE CHART

S-820002 English
S-820102 French

RATING OF PERCEIVED EXERTION

S-820011 English
S-820111 French

MYOFASCIAL RELEASE

S-820017 English

BATTLE ROPE

S-820018 English

YOGA

S-820019 English

HOME GYM EXERCISES

S-820009 English

STRETCHING

UPPER BODY

S-820007 English
S-820107 French

LOWER BODY

S-820008 English
S-820108 French

DUMBBELL EXERCISES

SHOULDERS & ARMS

S-820003 English
S-820103 French

LOWER BODY/CORE /CHEST & BACK

S-820004 English
S-820104 French

BODY BALL EXERCISES

CORE

S-820005 English
S-820105 French

UPPER BODY/ LOWER BODY

S-820006 English
S-820106 French

RESISTANCE TUBING EXERCISES

BACK/LEGS/BICEPS/ CHEST & TRICEPS

S-820013 English

SHOULDERS/ROTATOR CUFF & CORE

S-820014 English

MEDICINE BALL EXERCISES

S-820012 English

KETTLEBELL POSTER

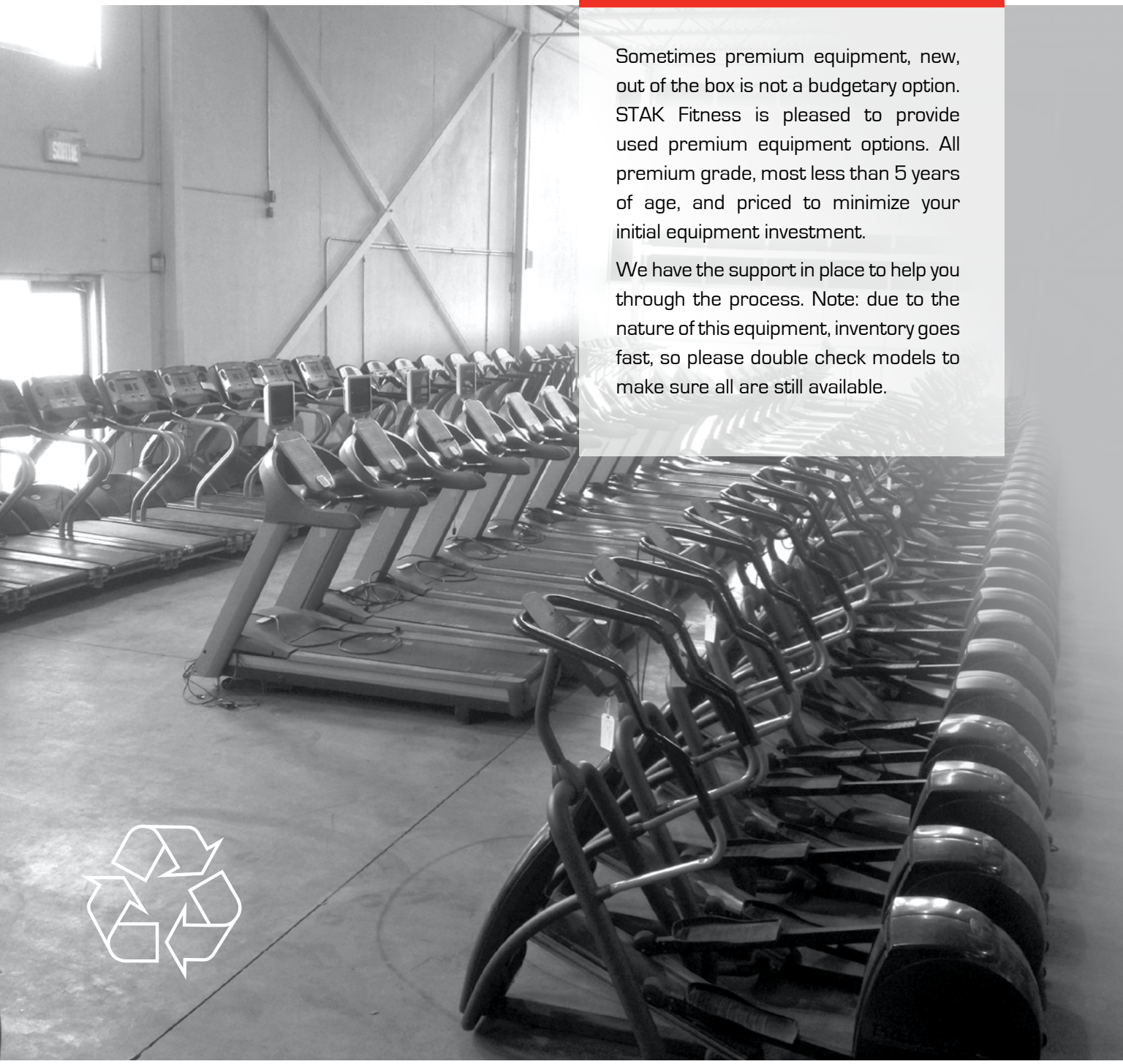
S-820010 English

USED EQUIPMENT

IF YOU ARE RESPONSIBLE FOR PROVIDING FITNESS SERVICES, THEN HAVING PREMIUM EQUIPMENT IS AN IMPORTANT PIECE OF THE PUZZLE.

Sometimes premium equipment, new, out of the box is not a budgetary option. STAK Fitness is pleased to provide used premium equipment options. All premium grade, most less than 5 years of age, and priced to minimize your initial equipment investment.

We have the support in place to help you through the process. Note: due to the nature of this equipment, inventory goes fast, so please double check models to make sure all are still available.



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GUARANTEE

STAK FITNESS remains dedicated to serving your needs. It is for this reason that we commit ourselves to advising you with the best of our knowledge. We offer a range of quality products aimed at satisfying your requirements. All products offered on this site are covered by the original manufacturer's warranty. In the event of an error or a non-conformity following your online purchase, please consult our return policy on our website.

PRICES

Prices in this catalogue are in Canadian dollars and are current at the time of publication. Prices are subject to change without notice if our costs increase or an inadvertent error has been printed. Our website reflects our current prices, which supersede those in print. Federal and provincial taxes are extra. If sales tax is required in your province and you or company are tax exempt, we must have a copy of your exemption or resale certificate on file in order to not charge sales tax.

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STAK FITNESS

STAK'S BUSINESS DEVELOPMENT TEAM IS IN THE FIELD EVERY DAY TO ASSIST OUR CUSTOMERS.

Call today to arrange a free consult and answers to your questions.

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